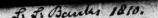




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# An especiall Note of Confectionary.

To preferve Pippins red.



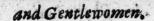
Ake your best coloured Pippins and pare them: then take a piercer, and bore a hole thorow them: then make firup for them, as much as

will cover them, and foler them boyle in a broad preserving pan; put into them a peece of Cinamon-Ricke, and fo let them boyle close covered very leifurely, turning them very often; for, if you turne them not very often. they will fpor, and the one fide will not be like the other, and let them thus

hoyle until they begin to gelly: then take them up, and por them, and you may keepe them all the yeare.

To preserve Pippins white.

Ake faire large Pippins, and after Candlemas pare them, and bere a hole thorow them, as you did for the red ones : then make a weake firup for them, and fo let them boyle till they bee tender; then take themup, and boyle your firup a httle higher, then put them up in a Gallypot, and let them fland all night, and the next morning the firup will bee fomewhat weaker: then boylethe firup againe to his full thickneffe, and fo por them, and you may keepe them all the yeare. If you please to have them taste a pleasant tafte, more than the naturall Pippin, put in one graine of Musk, and one drop of the Chymicall oyle of Cinamon, and that will make them take a more pleasanttafte.



To preferve Pippins greene.

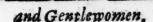
Ake Pippins when they be small and greene off the tree, and pare three or foure of the worst, and cut them all to peeces : then boyle them in a quart of faire water till they be pap, then let the liquor come from them, as you doe from your Quodi-nizekinto a Bason; then put into them one pound of Sugar clarified, and pur into this as many greene Pippins unpared as that liquor will cover, and fo ler them boyle foftly : and when you fee they be boyled as tender as a quodling, then take them up, and pill off the outermost white skinne, and then your Pippins will bee greene : then bayle them in your linup againe, till the frup bethicke : and fo you may keepe them all the years

#### To preferve Apricocks.

Apricocks take a pound, and a pound of Sugar, and clarifie your Sugar with a pint of water; and when your Sugar is made perfect, put it into a preserving-pan, and put your Apricocks into it, and so let them boyle gently: and when they bee boyled enough, and your simp thicke, pot them, and so keepe them. In like manner you may preserve a peare-plum.

To preferve Mirabolans or Ma-

Ake your Malacadonians, frone them, and perboile them in wa' ter; then pill off the outward skin of them: they will boyle as long as a peece of beefe, and therefore you need not feare the breaking of them; and when they be boyled tender, make firup of them, and preserve them as you doe



doe any other thing, and fo you may keepe them all the yeare.

#### To preferve Pomcitrons

F your Pomcitrons take one pound and a halfe, and cut them, fome in halves, fome in quarters, and take the mear out of them, and boyle them tender in faire water: then take two pound of Sugar being clarified, and make firup for them, and let them boyle in firup a quarter of an houre very gently: then take them up, and let your fitup boyle till it be thicke: and then put it in your Pomcitrons, and you may keepe them all the yeare if you please, you may pare some of them: for, some delight them in the skin, and some, pared.

#### To preserve Cherries.

F the best and fairest Cherries take some two pound, and with a paire of sheeres clip off their stalkes

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by the midft ; then wash them cleane, and beware you bruife them not : then take of fine Barbary Sugar, and fet it over the fire, with a quart of faire water, in the broadest vessell you can get, and let it feethe till it bee somewhat thicke : then put in your Cherries, and stirre them together with a filver spoone, and so let them beyle, alwayes scumming and turning them very gently, that the one fide may be like the other, untill they bee enough; the which to know, you must take up some of the firup with one Cherrie, and fo let it coole; and if it will scarce runne out, it is enough: and thus, being cold, you may put them up, and keepe them all the yeare.

#### To preferve R'd-rose leaves.

Cleane from seeds: then take a quart of faire water, and put it in an earthen pipkin,

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pipkin, and fet it over the fire untill it bee scalding hot: and then take a good many of other Red-rose leaves and put them into the scalding water, untill they beginne to looke white, and then straine them; and thus doe untill the water looke very red. Then take a pound of refined Sugar, and beat it fine, and put it into the liquor. with halfe a pound of Rofe-leaves, and let them feethe together till they bee enough: the which to know, is by taking some of them up in a spoone, as you doe your Cherries; and fo, when they be thorow cold put them up, and keepe them very close.

# To preferve Orenges and Lemmons.

Take your Orenges and Lemmons, large and well colou ed, and take a raspe of seele, and raspe the outward rinde from them: then lay them in water three dayes and three nights: then boyle them tender,

and shift them in the boyling, to take away their bitternesse: and when they be boyled tenderly, take two pound of Sugar clarified with a pint of water; and when your sirup is made, and betwist hot and cold, put in your Lemmons and Orenges, and there let them bee insused all night: the next morning, let them boyle two or three walmes in your firup: let them not boyle too long in the Sugar, because the rinds will bee tough: take your Lemmons out, and boyle your sirup thicker: and so when it is cold, put them up, and keepe them all the yeare.

#### To preserve Quinces.

F your Quinces take a pound; core them, and then perboyle them, and pill off the outermost white skinne, and then weigh them, and put into them clarified Sugar one pound, and then boyle them closely covered upon a very gentle fire, putting

ting unto them a sticke or two of good Cinamon cut into small peeces, and so stirre them continually, that they may bee well coloured on every side: and when the sirup is come to the height of a perfect gelly, take them off the sire, and so keepe them; for the higher your sirup is, the better will your Quinces keepe.

#### To preferve Peaches.

F your fairest and best coloured Peaches, take a pound, and with a wet linnen cloth wipe off the white hoare of them: then perboyle them in halfe a pint of white Wine, and a pint and a halfe of running water; and being perboyled, pill off the white skinne of them, and then weight them: take to your pound of Peaches, three quarters of a pound of refined Sugar, and dissolve it in a quarter of a pint of white wine, and boyle it almost to the heighe of a strap, and them.

then put in your Peaches, and let them boyle in the firup a quarter of an houre or more, if need should require : and then put them up, and keepe them all the yeare.

To preferve Eringo-roots.

Ake your Eringo roots, faire and not knottie, one pound, and wash them cleane; and when they bee wall ed, fet them on the fire, and boyle them very tender, pill off the outermoff skinne of them, but fee you breake them not; and as you pare & them, put them into cold water, and let them all remaine there till all be fis nished: and then you must take to every pound of roots, three quarters, of a pound of clarified Sugar, and boyle iralmost unto the height of a sirup, and then put in your roots, but. looke that they boyle very gently together, with as little flirring as may be, for feare of breaking, unrill they bee enough:

enough: and when they be cold, put them up, and so keepe them.

#### To preferve Barberries.

Ake your Barberries very faire and well coloured, and picke our every stone of them, and then weigh them: and to every ounce of Barberries, you must take three ounces of hard Sugar; and with halfe an ounce of the pulpe of Barberries, and one ounce of Red-rose water, you must dissolve your Sugar, and then boyle it to a sirup; being so boyled, put in your Barberries, and let them boyle a quarter of an houre, and then take them up; and as soone as they begin to wax coole, put them up, and they will keepe their colour all the yeare.

#### To preferve Goofeberries.

You must take your large Berries, but northorowly ripe, and picke off all the stalkes from them, and

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and wash them cleane: take a pound of them, and set them on the fire till they be hot, and then take them off, and let the liquor runne from them: then take ten ounces of hard Sugar, and source ounces of Sugar-candie, and clarifie it with a pint of water, and the white of an Egge, and boyle it to a thicke sirup: and then put in your Gooseberries, and let them boyle a walme or two; and so, betwixt hot and cold, put them up, and keepe them all the yeare.

#### To preferve Damfons.

Ake of your Damsons large and well coloured, but not thorow ripe, for then they will breake, and picke them cleane, and wipe them one by one: then weigh them, and to every pound of Damsons, you must take a pound of Barbary Sugar, white and good, dissolved in halfe a pint or more of water: boyle it almost to the height of a firup, and then pur

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put in your Damsons, keeping them with continual scumming and stirring, and that with a silver spoone; and so let them boyle, untill they be enough, upon a gentle fire; and when they be enough, take them up, and keepe them all the yeare.

#### To preserve Raspices.

Ake of your fairest and well-coloured Raspices, and picke off their stalkes very cleane : then wash them, but in any case see that you bruise them not : then weigh them; and to every pound of Raspices, you must take fix ounces of hard Sugar, and fix ounces of Sugar-candy, and clarifie it with halfe a pint of faire water, and foure ounces of juyce of Raspices being clarified : boyle itto a weake frup, and then put in your Raspices, stirring them up and downe, and so ler them boyle untill they be enough, that is, using them as your Cherries, and so you may keepe them all the yeare.

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To preserve Enula-Campanarosis.

Ake of your Enula-Campana roots, and wash them: scrape them very cleane, and cur them thin to the pith, the length of your lit. tle finger; and as you cut them, put them in water, and fet them lye in water thirtie dayes, shifting them twice every day, to take away their bitterneffe; weigh them, and to every pound of roots, you must rake twelve ounces of clarified Sugar, first boyling your roots as render as a Chickin, and then put themisto your clarified Sugar; and let them boyle upon a gentle fire untill they bee enough: and so let them fland off the fire a good while, and betwixt hot and cold put them up to your ule.

To preferve Saterion roots.

Ake your Saterion roots, and pick out the faire ones, and keep them by themselves: then wash them, and boyle them upon a gentle fire as tender as a quodling : then take them off, and pare off the blackeft skin of them, and put them, as you pare them, into faire water, and so let them remaine one night; and then weigh them, and to every pound of roots you must take eleven ounces of clarifled Sugar, and boyle it almost to the height of a firup, and then put in your roots, but take heed they boyle not too long, for then they will grow hard and tough: and therefore when they be boyled enough, take them off, and fer them a cooling, and so keepe them according to the reft.

Here end the Preservatives.

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# A Glofet for Ladies

#### Tomake Manus Christi.

pound, and some Rose water, and boyle them together till it come to Sugar againe: then stirre it about while it be somewhat cold: then take your lease gold, and mingle with it: then eastiraccording to art, that is, in round gobbets, and so keepe them.

#### To candie Ginger,

Ake very faire and large Ginger, and pare it, and then lay it in water a day and a night: then take your double refined Sugar, and boyle it to the height of Sugar againe; then when your Sugar beginneth to be cold, take your Ginger, and ftir it well about while your Sugar is hard to the pan; then take it outrace by race, and lay it by the fire for foure houres; then take a pot, and warme it, and put the Ginger init; then tye it very close, and every

every second morning stirre it about roundly, and it will be rocke-candied in a very short space.

To candie Rose leaves, as naturally acif.

TAke of the fairest Rofe-leaves. red or damaske, and on a Sunfine day sprinkle them with Rose water, and lay them, one by one. upon faire paper; then take some double-refined Sugar, and beat it very fine, and put it in a fine lawne fearce : when you have laid abroad al the Rofeleaves in the hotteft of the Sun, fearce Sugar thinly all over them; then anon the Sunne will candy the Sugar; then turne the leaves, and fearce Sugar on the other fide, and turne them often in the Sunne, sometimes sprinkling Rosewater, and fometimes fearcing Sugar on them, untill they be enough, and come to your liking : and being thus done, you may keepe them.

### A Gloses for Ladies

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To candle Marigolds in wedges ; the Spanish fashion.

Akcofthe faire yellow Marigold flowers two ounces, and thred them, and drie them before the fire: then take foure ounces of Sugar, and boyle it to the height of Manus Christischen powreit upon a wet Picplare, and, betwixt hot and cold, cut it into wedges: then lay them on a theer of white paper, and put them in a Stove.

To candical manner of flowers in their

Ake the Flowers with the fialks and wash them over with a little. Rose-water, wherein Gum-arabeckers dissolved; then take fine learned Sugar, and dust over them, and set them a drying on the bottome of a Sieve in an Oven, and they will glister as if it were Sugar-candie.

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To candical manner of Flowers, Fruits and Spices, the cleere rocke-Candie.

Take two pound of Barbary Sugar great grained, clarified with the whites of two egges, and boile it almost as high as for Manus Christi: then put it into a pipkin that is not very rough: then put in your Flowers, Fruits, and Spices, and so put your pipkin into a Still, and make a small fire of small coales under it; and, in the space of twelve dayes, it will be rocke candied.

#### To candie Eringo roots.

Take your Eringo roots ready to be preserved, and weigh them, and to every pound of your roots, you must take of the purest Sugar you can get two pound, and clarific it with the whites of Egges exceeding well, that it may bee as cleare as Chrystall, for then it will be very commendable; it being

being clarified, you must boyle it to the height of Manus Christi, and then dip in your roots, two or three at once, till they be all candied, and so put them in a Stove, and keep them all the yeare,

#### To candy Enula-Campana.

Ake of your faired Enula Campana roots, and take them cleane from the surgar off them, and drie them againe with a linnen cloth; then weigh them, and to every pound of roots, you must take a pound and three quarters of Sugar; clarifie it well, and boyle it to the height of Manus Christi, and when it is so boyled, dippe in your roots, three or four at once, and they will candie very well; and so store them, and keep them all the yeare.

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To candie Violet flowers.

Ake of your Violet flowers that are good and new, and well coloured, and weigh them: to every ounce of your Violet flowers you must take foure ounces of refined Sugar, which is very white and faire grained, and diffolve it in two ounces of faire running water, and so boyle it till it come to Sugar againe; but you must scumme it often, left it bee not cleare enough: and when it is boyled to Sugar againe, then take it off, and let it coole, and then put in your Violet flowers, firting them together till the Sugar grow hard to the pan; this done, put them into a box, and keepe them in a flove.

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#### To candy Goofeberries.

Ake of your fairest berries, but they must not bee too ripe, for then they will not be fo good. and with a linnen cloth wipe them vecy cleane, and picke off all the falks from them, and weigh them; and to every ounce of Berries, you must take two ounces of fugar, and halfe an ounce of Sugar-candy, and diffolye them in an ounce or two of Role-water, and fo boyle them up to the height of Manus Christi and when it is come to his perfect height, let it coole, and put in your Berries, for if you put them in hot, they will shrinke, and so stirre them in round with a woodden Coatter till they be candied; and thus pur them up and keepe them.

To candy Rosemary-flowers.

Ake of your Rosemary flowers ready pickt, and weigh them; to every

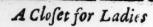


every ounce of flowers you must take two ounces of hard Sugar, and one ounce of Sugar-Candy, and dislove them in Rosemary flower-water, and boyle them till they come to Sugar againe: which done, put in your Rosemary-flowers when your Sugar is almost cold, and so stirre them together till they bee enough, and then take them out, and put them in a box, and keepe them to your use in your Stove,

#### To candy Borage-Flowers.

Take your Flowers, and pick them very cleane, and weigh them, and use them in every respect as you did your Rosemary-Flowers, save this that when they be candied, you must set them in a Still, and so keepe them in a sheet of white paper, putting every day a chasing dish of coles into your Still, and it will be candied very excellently, and that in a short space.

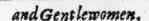
Here end the forts of Candying.



To make Paste of Pippins, the Geneva fashion, some with leaves, some like

Plums, with stalks and flones in them.

TAke your Pippins, and pare them. and cut them in quarters : then boylethem in faire water till they bee tender : then straine them, and dry the pulp upon a chafing dish of coles: then weigh it, and take as much Sugar as, it weigheth, and boyle it to Manus Christi, and put them together : then fashion them upon a Pieplate, and put it into an Oven being very fleightly hear : the next morning you may turne it, and put them off the plates upon sheets of Paper upon a hurdle, and so put them into an Oven of like hear, and there let them remaine foure or five dayes,



putting every day a Chafingdish of coles into the Oven: and when they be thorow dry, you may box them, and keepe them all the yeere.

To make passe of Eglantine, of the colour of the red Corall.

Take your Eglantine Berries, otherwise called Hips and stampe them in a Mortar with Gum Dragagant and Rose-water: then straine it thorow a strainer; then take halfe a pound of refined Sugar beaten, and searced, and worke it up into Paste with this straining: then print it with your molds: then stove it, and then gild them.

To make Paste-royall white.

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Take a pound of refined Sugar beaten and searced, and put into an Alablaster Morter, with an ounce of Gum dragagant steeped in Rosewa-

ter: and if you see your Paste be too weake, put in more Sugar: if two dry, more Gumme, with a drop or two of oyle of Cinamon, so that you never deceive your selfe, to stand upon quantities: beat it into perfect paste, and then you may print it with your moulds; and when it is dry, gild it, and so keepe them.

To make Paste-Royall in Spices.

Take of Cinamon and Ginger, of each a like quantity being finely fearced: mingle it with your fearced Sugar, and Gum-dragagant, steeped in Rose-water, and worke it into passe, as you did your paste-royall white, and then you may turne it upon slicks made of peeces of Arrowes, and makethem hollow like Cinamon sticks: in like fort you may make it taste of what spices you please.

#### Tomake paste of Genua the true way:

Take two pound of the pulp of Quinces, and as much of Peaches, and firaine it, and dry it in a pewter platter upon a chafingdish of Coles: then weigh it, and take as much Sugar as it weigheth, and boile it to the height of Manus Christi, and then put them together, and so fashion it upon a Pie plate, and dry it in an Oven with a chasingdish of coles, untill it be thorow dry: and then, if it please you, you may spot them with gold.

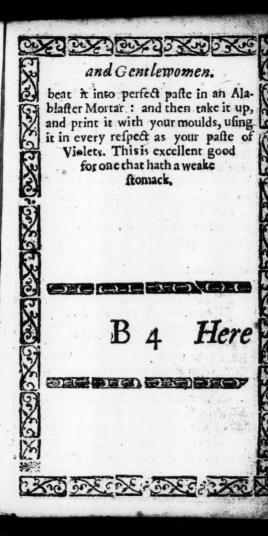
#### To make Pafte of Violets.

Ou must take of your Violets that are ready picked, and bruise them in an Alablaster or Marble Mortar, and wring the juyce from them into a Porringer, and put as B 3 much

much hard Sugar in fine powder, as that juyce will cover: dry it, and then powder it againe, and then take as much Gum-dragagant steeped in Rose-water, as will bring this Sugar into a perfect passe: when it is perfect, take it up, and print it with your moulds, and so dry it in your stoue, and not by the fire, for feare of danger: and when it is dry, gild it. It is a fine banqueting conceit.

#### To make pafte of Goofe-berries.

Ake of your Goole-berries, and cut them one by one, and wring the juyce from them, till you have gotten so much as you thinke will ferve your turne: boyle your juyce a little, that it may be thicker: then take as much double refined Sugar as your juyce will sharpen, and dry it as you did for your Violets; and being dry, beat it very fine, and take as much Gum-dragagant steeped in red rose water, as will serve, and





## Heere begin Banqueting Conceits, as Marmelades, Quodiniacks, and fuch like.

To make Muskadine Comfits.

Ake halfe a pound of Musk-Sugar beaten and searced: then take Gum-Dragagant steeped in Rose-water, and two graines of Muske, and so beat them in an Alablaster Mortar till it come to perfect Paste: then drive it very thin with a rowling pin, and then cut it into small peeces like diamonds; some cut with

with a rowle spoone on the sides: being thus cut, stove them, and so keepe them all the yeare.

# To make Discitonium simplex of Quinces

Take of your Quinces, and pare them, and each them in peeces, and boyle a pound of these peeces in a quart of saire water, till they be very soft: then let the liquor run from them, then take a pound of Sugar-Candy, and bear it fine, and put it into that it quor, and let it seeth till you see it stand like gelly: then take it from the fire, and put therein soure drops of oyle of Cinamon and Nutmegs, and then put in five and twenty leaves of sine gold, and stirre it together, and so put it in fine Chrystall Glasses, and keepe it all the yeere.

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To make fine Christall Gelly.

Ake a knuckle of Veale, and foure Calves feet, and fer them on the fire with a gallon of faire water, and when the flesh is boyled tender, take it out : then let the liquer Rand still unrill it be cold, then take a. way the top and the bottome of that liquour, and put the rest into a cleane Pipkin, and put into it one pound of clarified Sugar, fourc or five drops of Oyle of Cinamon and Nutmegs, a graine of Musk, and folet it boyle a quarter of an houre leifurely on the fire, then let it runne thorowa gelly bag into a bason, with the whites of two egges beaten; and when it is cold, you may cut it into lumps with a Spoone, and so ferve three or foure lumps upon a plate.



To make white leach of creame :

Ake a pine of sweet creame, and fix spoonfuls of Rose-water, and two graines of Musk, two drops of oyle of Mace, or one peece of large Mace, and so let it boyle with source ounces of Isinglasse: then let it rundowne thorow a gelly bag: when it is cold, slice it like brawne, and so serve it out. This is the best way to make leach.

To make awalnut, that when you crack it, you for I finde Bishets and Carrowaies init, or a pretty Posse written.

Akea peece of your Paste-royall white, being beaten with Gum-Dragagant, and mixed with a little fine searced Cinamon, which will bring your paste in a Walnutshell

thell colour: then drive it thin, and cut it into two peeces, and put the one peece into the one halfe of your mould, and the other into the other, then put what you please into the Nut, and close the mould together, and so make three or foure Walnuts.

#### To make Quodiniach of Plums.

The two pound of Plums, and put them into a Posnet with a pound and a halfe of Brasill Sugar, clarified with a pint of faire water, and let it boile till the Plums breake: then take it off, and let your liquid substance run thorow a strainer, and then put it again into the Posnet, and so let it boyle till it come to its thicknesse, and then print it with your moulds on what fashion you please.

#### To make Biskettello.

Take two ounces of very fine Sugar, beaten and fearced, and put



into it halfe a spoonfull of Amidum, that is, white Starch; a graine of Muske: then beat it into perfect Paste, with Gum dragagant steeped in Rosewater: then make it into little pretty loaves the fashion of Manchets, and so put a Wafer in the bottome of every one of them, and bake them in a baking pan, but take heed your pan be not hot, and so speck them with gold, and so box them. It is a very fine banqueting conceit.

To make a speciall sweet water to perfume clothes in the folding, being washed.

Ake a quart of Damask-Rosewater, and put it into a glasse, put unto it a handfull of Lavender-Flowers, two ounces of Orris, a dramme of Musk, the weight of source pence of Amber greece, as much Civet, source drops of Oyle of Cloves; stop this close, and set it in the Sunne a fort-

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a fortnight: put one spoonfull of this water into a bason of common water, and put it into a glasse, and so sprinkle your clothes therewith in your folding: the dregs, lest in the bottome (when the water is spent) will make as much more, if you keepe them, and put fresh Rose-water to it.

#### To make mosse-powder.

Ake two pound of Mosse of a sweet Apple tree, gathered bectweene the two Lady dayes, and insuse it in a quart of Damask rose-water, source and twenty houres: then take it out, and dry it in an oven upon a Sives bottome, and beat it to Powder: putto it an ounce of Lignum Aloes beaten and searced, two ounces of Orris, a dramme of Musk, halfe adram of amber-greece, a quarter of a dram of Civet: put all these them a hot Morter and Pestle, and beat them rogether: then searce them

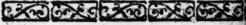
them thorow a course haire searce, and put it into a bag, and lay it among your clothes.

To make Aromaticum Lozonges.

Ake of fine Sugar halfe a pound: boyle it with Red rose-water, vntill it come to the height of Lozenges: and in the cooling, put in of the spices of Aromaticum Rosarum, Adrammes, with a little Confectio Alchermes, and so make them into Lozenges, gilding them first, and then cut them square with a knife for that purpose: and when you gild them, if your gilding will not stick on, wet them gently with a little Rose-water, but not too much, in any case.

To make a March-pane, to ice it, and garnish it after the Art of Comfit-making.

Take two pound of small Almonds blanched, and beaten into perfect paste,



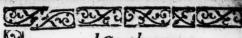
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paste, with a pound of Sugar finely fearced, putting in now and then a spoonfull or two of Rose-water, to keep it from oyling; and when it is beaten to perfect Paste, roule it thin, and cut it round by a Charger: then set an edge on it, as you doe on a Tart; then dry it in an Oven or a baking Pantthen ice it with Rose-water and Sugar, made as thick as batter for Fritters: when it is iced, garnish it with conceits, and stick long Comfits in it, and so gild it, and serve it.

To make all forts of banqueting Conceits of March-panest sfe, some like Pies, Birds, Baskets, and such like, and some to print with moulds.

Take a pound of Almond Passe made for the Marchpane, and dry it on a Chasingdish of coles, till you see it wax white: then you may

print



print some with Moulds, and make some with hands, and so gild them; then stove them, and you may keepe them all the yeare. They be excellent good to please children.

To make all kind of birds and beafts to frand on their legs, in cast-worke.

Take Barbary-Sugar, clarifie it, and boile it to the height of Manus Christi: then poure it into your moulds, they being feasoned as for your Quodiniack: let them stand a quarter of an houre, and they will be cold, and then you may take the mout, and gild them.

To cast all manner of frutage bollow in turned worke, and put them in their colours, as Orenges, Lemmons, and the like.

Take your Sugar being boilded to the height of Manus Christi, and put



put it into your Alablaster moulds, being made of three peeces: turne it round about in your hand, while it is hot; and when it is cold, take it out, and put them in their naturall colours.

#### To make Prince-bisket bread.

Take a pound of very fine Flower, as much Sugarthorowly fearced, one ounce of Annisceds cleane pickt, take eight Egges, and a spoonfull of Muskadine, and beat all into batter as thick as for Fritters : beat it thus in a Bowle one houre : then put it into your coffins of plate, or frames of wood, and fet it in an Oven, and let it remaine there one houre : you may flice some of them when they bee a day old, and dry them againe upon a hurdle of Wicker: you may also take one of your leaves, and with it over with the yolke of an Egge beaten with a little Rofe-water, and while it is greene, cast Biskers

and Carrowaies on it, and a little white Candy, and it will shew as if it did haile on it: then spot it with gold, and give it to whom you please.

To make the usuall Bisket sold at Comfit-makers.

Take a Peck of flower, and foure ounces of Coriander-feed, one ounce of Annifeed, take three Egges, three spoonfuls of ale-yeast, and as much warme water as will make it as thick as Paste for Manchets: make it in along Rowle, and bake it in an Oven one houre; and when it is a day old, pare it, and slice it, Sugar it with searced Sugar, and put it againe into the Oven; and when it is dry, take it out, and new sugar it againe, and so boxir, and keepe it.

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To make an especial sweet Powder for sweet Bags.

TAke of the pureft Orris one pound, of Red and Damask Rofe-leaves, of each two ounces, of Cloves three drams, Coriander feed one dram, Cyprus and Calamus of each halfe an ounce. Benzoin and Storax of each three drams : beat them all fave the Benzoin and the Storax, and powder them by themselves, and mix it with the rest of the powder; then take of Musk and Civet, of each twenty graines, Amber-greece ten graines, mix these with a little of the foresaid powder with a warme Peffle, and fo by little and little you may mix it with all the reft, and so with Rose leaves dried you may put it up into your fweet Bags, and to keepe them feven yeares.

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To make an excellent Marmelade, which was given to Queene Mary for a New-yeeres gift.

Akea pound and a halfe of Sugar. boyle it with a pint of faire water, till it come to the height of Manus Christi : then take three or four e small Quinces, one good Orenge pill, both very well preferved and finely beaten, and three ounces of Almonds blanched, and beaten by themselves, Eringoroots preserved two ounces & a halfe, ftir these with the Sugar till it will not flick : and then, at the laft, put in of Muske and Amber dissolved in Rofewater, of each four egraines; of Cinamon, Ginger, Cloyes and Mace, of each three drams; of Oyle of Cinamon two drops this being done, putitinto your Marmelade Boxes, and fo prefertit to whom you please.

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To make another fort of Marmelade very comfortable for any Lord or Lady what soever.

TAke of the pureft greene Ginger, fix drammes; of Eringo and Saterion roots, of each an ounce and a halfe: beat these very finely, and draw them with a filver Spoone thorowa haire searce : take of Nut-kernels and Almonds blanched, of each an ounce. Cocks stones halfe an ounce. all fleeped in honey twelve houres, and then boyled in milke, and beaten and mixed with the reft : then powder the feeds of red Nettels, of Rockes, of each one dram ; Plantane seeds halfe a dramme; of the belly and back of a file called Scincus marinus, three drammes; of Diafaterion, foure ounces; of Cantarides, adde a dramme; beat these very finely, and with the other powder mix it : and fo with a pound of fine fugar diffolved in Rofe-

water, and boiled to Sugar againe, mingle the powder and all the rest of the things, putting in of lease gold six leaves, of pearle prepared two drammes, Oile of Cinamon six drops: and being thus done, and well dried, put it up in your Marmelade boxes, and gild it, and so vse it at your pleasure.

#### Tomake a blanch for any Ladies face.

Take of white Tartar two drammes, Coperas halfe a dramme, the whites of foure Egges, juice of two Lemmons, oyle of Tartar foure ounces, Plantane water as much, white Mercury a peniworth, bitter almonds two ounces; all must be powdred and mixed with the oyle and water, and then boyled upon a gentle fire, and straine it, and so keepe it, the party must rub her face with a scarlet cloth, and then

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then over night wash her with it, and in the morning wash it off with bran and white wine.

To make printed Quodiniacks of Quinces, aruby colour.

TAke two pound of Quinces pared, and cut in small peeces, and put them into a Poinet with three pints of faire water, and so let them boyle till they be tender: then put into them a pound of Sugar, and let it boyle till the fruit fall to the bottome of the Pan: let the liquor run thorow a strainer into a Bason, and put it into a faire Posnet, and let it boyle till it come to his colour and thickneffe: then print it with your moulds : you shall know when it is ready to print, by rolling a little upon the back of a Spoone : and if you fee it will stand, and not run downe, print it. In like fort you may make your Quodiniack of Pippins; your Pippins will hold all the yeere.

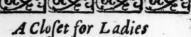
To make Quodiniacks of Raspice, or English Coriants.

Ake Raspices ripe and well coloured, and put them in a dish, and put to them source spoonesuls of Rose-water, and mix them together with the backe of a Spoone: then wring the liquid substance throw a linnen cloth: season it by your mouth with Sugartill it bee sweet enough: then boile it on a chasing dish of Coles in a dish, till it be readie to print: then print it in your moulds, and box it, and so keepe them.

### Here end the conceits of Banquetting.

Your Moulds must lye in water one night before you vie them; and an houre before you print with them; take them out of the water.

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# CORDIAL

Aqua Jælestis.

Ake of Cynamon fix ounces, Cloves one dram, Nutmegs one dram and a halfe, of Ginger two drams and a halfe, of Gallingale one dram and a halfe, Gubebs two drams, Calamus roots one dram, all bruifed & kept in a paper: then take of Bettony and Sage dowers, of each an hand full; Marjoram, Penniriall, of each halfe an handfull, bruised likewise; then

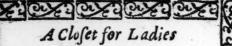
take of these powders, of Aromaticum Rosarum three drams; Diambræ, Diamargariton frigidum, Diamoscum dulce, of each a dram and a halse: you must put all these into a gallon of spirit of wine, and steep them three dayes and three nights, shaking them well every day, and then distill it in your Limbecks; and when it is distilled, you must hang halse an ounce of yellow Sanders, and twenty graines of Muske and Amber in it.

#### To make Cinamon water.

Ake one pound of the best Cinamon you can get: bruise it well, and put it into a gallon of the best Sacke, and insuse it three dayes and three nights, and then distill it as your Aqua Cælestis.

#### To Make Dottor Steerens water.

Take of Rose-leaves one dram, Borage, Bugloffe, Violets, and Rose-



# CORDIAL

Aqua Galestis.

Ake of Cynamon fix ounces, Cloves one dram, Nutmegs one dram and a halfe, of Ginger two drams and a halfe, of Gallingale one dram and a halfe, Gubebs two drams, Calamus roots one dram, all bruifed & keptin a paper: then take of Bettony and Sage dowers, of each an hand full; Marjoram, Penniriall, of each halfe an handfuil, bruifed likewise; then take

take of these powders, of Aromaticum Rosarum three drams; Diambræ, Diamargariton frigidum, Diamoscum dulce, of each a dram and a halse; you must put all these into a gallon of spirit of wine, and steep them three dayes and three nights, shaking them well every day, and then distill it in your Limbecks; and when it is distilled, you must hang halse an ounce of yellow Sanders, and twenty graines of Muske and Amber in it.

#### To make Cinamon water.

Ake one pound of the best Cinamon you can get: bruise it well, and put it into a gallon of the best Sacke, and insuse it three dayes and three nights, and then distill it as your Aqua Cœlestis.

#### To Make Doctor Steevens water.

Take of Rose-leaves one dram, Borage, Bugloffe, Violets, and Rose-

mary-flowers, of each a dram, and an halfe, Spikenard a dram Cinamon two ounces, Ginger an ounce, Cloves and Nutmegs, of each halfe an ounce, Cardamons a dram and a halfe, Gallingale two drams, Cubebs a dram, Pepper three drams, Annifeeds, Carroway-feeds, and Fennell, of each an ounce, Lignum Aloes halfe a dram, Corall and Pearle in fine powder, of each one dram; bruife these, and put them in a pottle of Aqua-vitæ, and a quart of Sacke, using it in every respect as your Aqua Cælestis.

#### To wake Balme-water.

Take Balme, dry three ounces, Time,
Penerial, of each an ounce, Cinamo
foure ounces, a dram of Cardomus,
Graines halfe an ounce, sweet Fennellseeds an ounce, Nutmegs and Ginger,
of each a dram, Gallingale one ounce,
Calamis and Cyprus, Cubebs and Pepper, of each two drams, of Caper roots
halfea dram, of Diptamus one dram:
bruise

bruise these things, and put them to a portle of Sack, and steepe them source and twenty houres, and then vse it as the sormer waters.

#### Angelica water.

Take Cardus dry a handful, Angelica roots three ounces, of Myrrh one dram, Nutmegs halfe an ounce, Cinamon, Ginger, of each foure ounces, Saftron one dram and a halfe, Cardamons, Cubebs, Gallingale and Pepper, of each a quarter of an ounce, Mace two drams, Graines one dram, Ligaum Aloes, Spikenard, Juncus Odoraus, of each a dram; Sage, Borage, Bugloffe, Violets and Rosemary flowers, of each halfe a handfull: bruise these, and steepe them in a pottle of Sack twelve houres, and distill it as the rest.

#### Rosa solis.

Take Liquorice eight ounces, Annifeeds, Garroway, of each an ounce, Raifons stoned, Dates, of each three ounces, Nutmegs, Ginger, Cinamon,

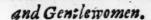
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Mace, of each halfe an ounce, Gallingale a quarter of an ounce, Cubebs one dram, Figges two ounces, Sugar four counces: bruiferhese, and distill it with a gallon of Aqua-vitæ, as the rest: but when it is distilled, you must colour with the herb Rosa-solis, or else Alkanet root.

#### Wormewood-water.

Ake of Wormewood two ounces and a halfe; Sage, Bittony and Rue, of each halfe an handfull, Rosemary tops an handfull, Cinamon three ounces, Nutmegs halfe an ounce, Cloves and Mace, of each halfe a dram, Ginger an ounce; Gallingale, Cubebs and Spikenard, of each a dram and a halfe, of Scordium halfe a handfull: bruise these, and put them into a pottle of Sacke, and a pint of Aquavitæ, and steepe them source and twentie houres, and distill them as the rest.

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# HERE BEGIN Conferves.

To make Marmelade of Quinces.

Ake your Quinces, and boile them tender: then pare them and cut them to the core: then draw the pulpe, that is, the Quince, thorow a haire Searce, and weigh it: to every pound of pulpe, take a pound of clarified Sugar, and boile them together till they come to a perfect colour, putting to them in the boiling a little oyle of Cinamon; and when it is boiled enough, that it will not stick to the pan, put it into your Marmelade-Boxes. But your conserve must not be boiled C 4

so high inany case, for then it will not be so good.

To make Conserve of Red and Damaske Roses.

Take of the pureft and best coloured buds you can get, and clip off the whites from them; and to every pound of leaves, you must take three pound of Barbary Sugar, and beat them together till they bee very fine; and then with a woodden spatter take it up, and set it on the fire till it be thorow hot, and then presently put it up, and it will be of an excellent colour.

To make Conferve of Violets.

Take of your violet Flowers, and picke off all the blew Howers, and keepe them, and weigh them, and take to every ounce of flowers, three ounces of refined Sugar, and beat them in an Alablaster morter til they be very fine, and then take them up, and put them into

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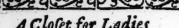
into an earthen Pipkin, and set them upon the fire till such time as they bee thorowly hot, and then take them off, and put them up and keepe them.

To make Pettorall rowles for the cough.

Take Liquorice-powder finely fearced one ounce, of the Spices of Diadragaganthum frigidum two drams, of Gum Arabeck and dragagant in fine powder, of each a dram, white Starch halfe a dram, Annifeeds in fine powder one ounce, mingle with the reft: then take of Sugar fix ounces, of Pennits one ounce and a halfe, Sugar-Candy one ounce powdered and mingled with the former powder then take Gum-dragagant steeped in Rose-water, and beat it into paste, and so make it into long roules, and so dry them and keep them.

Tomake Conserve of Borage-Flowers.

T'Ake of your Borage Flowers well coloured, and pick the blacks from



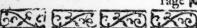
them: then weigh them: to every ounce of flowers, you must take three ounces of Sugar, and beat them together in an Alablaster Morter, with a woodden pestle, till they be very fine, fo that you cannot discerne any Sugar in lumps; then take them out, and put the Conserve into a Pipkin, and heat it thorow hot; and having thus done, put them up, and keepe them all the yearc.

To make Conserve of Rosemary-flowers.

T'Ake your Rosemary flowers, fresh and good, and picke them from the greene tuske : weigh them, and take to every ounce of flowers, three ounces of Sugar-candy, and beat them very fine, using them in every respect as you did your other Conferves.

To make Conferve of Bugloffe-flowers.

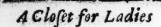
Ake your Bugloffe-flowers, and picke them as you did your Bo-



rageFlowers, and then weigh them, and to every ounce of Flowers, you must take two ounces of hard Sugar, and an ounce of Sugar-candy, and beat them together till they be exceeding fine, and then set them on the fire, to dissolve the Sugar; and when it is dissolved, and the conserve hot, put it up and keepe it all the yeare.

#### To make a Pomander.

Take of Beazon one dram and a halfe, of Storax halfe a dram, of Lignum Aloes in fine powder halfe a feruple, of Labdanum halfe an ounce: powder all these very fine, and searce them thorow Lawne: and then take of Muska dram, Ambergreece ten grains, Civet ten graines, and dissolve them in a hor Mortar with a little Rose-water, and so make them into a Pomander, putting into it six gaines of Civet.



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To make conserve of Barberries.

Ake of your Barberries which are very red and ripe, and picke them from the stalkes, and then wash them, and put unto them a pretty deale of faire water, and set them on the fire in an earthen pan, and so scald them; and being thorowly scalded, pulpe them thorow a fine Searce, and to every pound of Pulpe, take a pound of powder Sugar, and boile them till it be enough, that is, till it will cut like Marmelade.

To make Conserve of Cichory flowers.

Ake of your Cichory Flowers new gathered; for if you letthem lye but one houre or two at the most, they will lose their colour, and doe you very little service: therefore weigh them presently, and to every ownce of Flowers, you must take three ounces of double refined Sugar, and

beat them together in a Mortar of Alablaster, and a woodden Pestle, till such time as they be thorowly beaten: for, the better the Flowers and Sugar bee beaten, the better will your Conserve be; let this alwayes be for a generall rule: and being very well brayed, you must take them up, and put it into a Chaser cleane scoured, and set it on the fire till it bee thorowly hot: then take it off, and put it up, and keepe it all the yeare.

To keep Cucumbers in pickle all the yeare,

Take foure gallons of Conduit water, and put into it three quarts of bay Salt, two handfuls of Sage, one handfull of sweet Marjoram, and foure handfuls of Dill: let these boile till it come to three Gallons, and then take it off; and when it is almost cold put an hundred of Gucumbers into that Liquor, into a Butter-barrell, and keepe them all the yeare, but looke that alwayes the herbs lye upon them:

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them; and thus done, it will been most excellent Sallet with Oyle, Vinegar and Pepper.

An exceeding fine Pill used for the Gowt.

Ake of Aloes two ounces, Maflick three drams, Agrick halfe an ounce, Ginger halfe a dram: let these be powdred very fine: then take of the extraction of Rubard three drammes, and with whire wine let them bee in incorporated into a masse of pilles, adding unto them a drop of Oile of Cloves, and as much of Nutmegs.

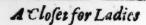
A medicine for the Gons.

Take of the Slips of Starres to the number of foure, and then take to every flip foure snailes, and put them hat o an earthen Pot, and sprinkle foure or sive handfuls of Salt upon them, and then put to them Sage, Rue, Wormewood and Hysop, of each foure handfuls,

fuls, and so distill them; and when you have distilled them, put to them a quart of Wine Vinegar, wherein an ounce of white Mercury is dissolved, and so bathe the place infested with the Gowt, and it will ease them presently.

### To make Sirup of Pomcitrons.

Ake Pomcitrons, and cut them in halves, and juyce them, but beware you wring them not too hard, left it be slimie; and then take to every pint of juyce three quarters of a pound of refined Sugar, and boile it in an earthen Pipkin till it come to the height of a Sirup, and take heed in any case that you boyle it not on too hot a fire, left it burne: and then, when it is boiled enough, put it up, and keep it all the yeare.



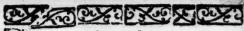
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#### Tomake Sirup of Violets.

Take your violets, and picke the Flowers, and weigh them, and then put them into a quart of water, and steepe them upon hot embers, untill such time as the Flowers be turned white, and the water as blew as any Violet: then take to that a quart of infusion, and take soure pound of clarified Sugar, and boile it till it come to a strup, scumming and boiling them upon a gentle fire, lest it turne his colour: and being boiled, put the strup up, and keepe it.

#### To make Sirup of liquoris.

Ake your Liquorice eight ounces, and scrape it very cleane, and bruise it very well, and Maiden-haire one ounce, Anniseed and Fennell seed, of each halfe and ounce: Reepe these in source pints of Rainewater halfe a day: and then boile it to

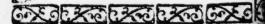


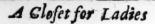
to a quart: then take a pound and an halfe of clarified Sugar, and boile it with that liquor till it come to a firup, and then put it up, and keepe it.

### To make Sirup of Hove-hound.

Take of Hore-hound two handfuls, of Colts-foot a handfull, of Time, Penniriall and Calamint, of each two drams, of Liquorice one ounce and a halfe, of Figges and Raifons of the Sunne, of each two ounces, Piony kernels a quarter of an ounce, Annifeeds and Fennell feeds, of each a quarter of an ounce: boile thefe in a gallon of faire water, till it come to a pottle or three pints, and then straine it, and take three pound of Sugar, and three Egges, and clarifie that liquor, and so boile it to a sirup, and so keepe it all the yeare.

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To make Sirup of Maiden-baire.

Ake of Maiden-haire fix ounces, of Liquorice one ounce, fcraped and fliced: steepe these foure and twentie houres in foure pints of Conduit water, and then boile them to a quart, and then take two pound of clarified Sugar, and boile it with that liquor upon a gentle fire of Charcoles rill it come to a Sirup, scumming it very often, that it may be the clearer; for, the clearer it is, the better it is: and being boiled enough, put it up.

To make Sirup of Hysope.

Ake of Hysop one handfull, of Figges, Raisons, Dates, of each anounce, of Calamint halse an handfull, of French Barley one ounce: boyle these in three pints of water to a quart, and then straine it, and then clarifie it with the whites of two Egs, and two pound of Sugar, and so boyle them

them to a Sirup: and being boyled enough, keepe them all the yeare.

To heepe Cherries all the yeare, to have them at Chris-

Ake of the fairest Cherries you can get, but be sure that they be not bruised, and take them, and rub them with a sinnen cloth, and put them into a barrell of hay, and lay them in rankes, first laying hay in the bottom, and then Cherries, and then hay againe: and then stop them up close, that no aire may come neere them, and lay them under a feather-bed where one lyeth continually: for the warmer they are the better, yet neere no fire: and thus doing, you may have Cherries at any time of the yeare.

Tomake Sirup of Mulberries.

The your Mulberries which are very ripe, prese out the juice from them thorow a linnen cloth betweene two stickes, and then to every pint of juice, take a pound of Sugar, and boile it to the height of a Sirup, and then keepe it all the yeare long: and if it wex any thing thinner, a moneth after you put it up, boile it again, and then put it up.

#### To make Sirup of Lemmons.

Ake your Lemmons, and cut them in halves, and betwixt your fingers juice them, and the liquor that runnes from them will bee very cleere, then take to a pint of juyce, a pound and a quarterne of hard Sugar, which is very white, and boile it to a Sirup, and it will keepe excellent well.

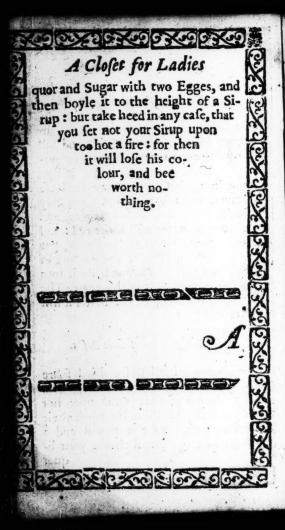


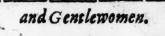
To make Sirup of Roses
Sollitive.

Them, then take a gallon of water, and when the water is hot, put in a good many Damaske Rose leaves, and take them out when they looke white, and doe so ten times, and then the water will looke red: and then, to every pint of that liquor, put a white of an Egge, and a pound of Sugar, and clarific it, and boile it to a Sirup, and keepe it all the yeare. The thicker the Sirup is, the better it will keepe.

To make Sirup of drie Roses.

Ake of red Roses dried source ounces, and insuse them in a quart of saire water upon hot embers till the Roses have lost their colour: them take a pound and a halfe of Sugar, and clarific your liquor

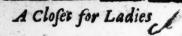






A Medicine to give a woman in travell, to make her have Throwes.

Ake Gorall, Amber, Date-stones, Pearle, Piony-seeds, Saffron, Commine: beat all these in Powder, and put it into Malmesse, and take Unicornes horne, and put it into a spoone with a little Malmesse, and give it to her, and presently let her drinke a draught of the Malmesse, with the powders aforesaid, warming of ita little.



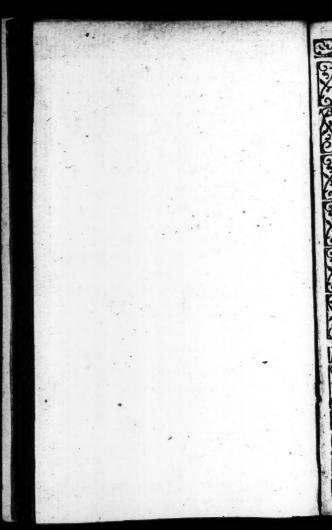
A Medicine for the falling downe of the Matrice to the bearing place.

Ake Chickeweed, and seethe it in an earthen pot: then lay of it upon a peece of Scarlet, as hot as the partie may suffer it: let her take it to the privie place, and as one plaister cooles, so lay another and use it.

Another for to bee taken to the Navill, and to the backe right against the Navell, for the same.

Ake a red Onion, and rost it very tender; then take of Allysander seeds, and bruise them in a woodden dish, and mingle the Onion and the bruised seeds together, and lay it upon a peece of linnen cloth; so lay it to the Navell a little warms; roule that on, and let it lye on 24. houres,



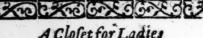


For to heale any, if they be scalded with bot liquor.

Take Alchofe and Avens, sheeps sure, and sheeps dung, and Goose dung, and when you have washed the herbs, breake them all together a little, and so firy them together, and then straine it, and make Plaisters thereof, and lay it to the griese: warme it a little when you lay it to, laying new plaisters to it twice a day: you may take the juice of Housseeke, and sallet oile, and water, and beat them together, and wash the griese before you vse this Plaister.

#### A Medicine for the Whites.

Take a quart of new Milk of a ted Cow, to specifuls of Red rote water, a pomgramat pill bettern and a little Cinamon beaten, and feeth it halfe away: sweeten it with Sugar, and drinke a draught morning and evening, and two whites of Egg beaten.



A Medicine for them that are given to bleeding.

MAke a Posset, and take off the curd, and take Liver-wort, and beat it, and put the juice thereof into the Poffer drinke, and drinke it morning and evening warme.

For the beat in the Kidnies.

Ake Housleeke and Plantane, and not wash them, but wipe them with a cloth, and bear them, and fraine them, and put to the juice thereof Red rose-water, and Wineyinegar, and womans milke, and take the herbs and put them into clothes, and tye the clothes with thred like a couple of bals, and you must ( when you doe use it ) have one to doe it for you in the morning when you are in your bed : and the party must take thebals, and dip them in this liquor, and to bathe your Kidnies ; and as

foone as one of the bals is hot with doing of them. take the other, and fo vieit an houre every morning.

A Medicine for the Stone.

Ake Pellitory of the wall, Smallage, Hollihocks, Mallowes, Tansie and Saxifrage; of each a handfull : chop them small, and quilt them in a little linnen bag; then take three pints of cream, halfe a pint of Malmehe, a quarter of a pint of running water, and fet them on the fire ; and when it doth feethe, then put the bag of herbs into the pot, and when the bag is thorowly hot, wring it betweene two trenchers over the pot to fave the liquor then lay the bag to the griefe as hot as you may fuffer it; and as foon as it cooleth, make it hot againe in the fame liquor, and fo apply it to the griefe.

D 3

For

For the Wormes.

Take a handfull of Basill mints, a handfull of Lavender Cotton, as much of Wormewood, Peach-leaves as much, Feathersue a handfull, of unset Leekes a handfull: boile them together in three spoonfuls of Wine-Vinegar, and of his owne water as much, and quilt them in a bag, and so lay it warme betweene his navill and his stomack.

To beale afore breft that comes with the

Take Mallowes and Saffron, and feeth them in Milke, and when it hath fodden a good while, put imforme crummes of leaven bread, and boyle them well rogether; and a little before you take it up, put some Sallet Oyle into it: you must let it boyle till it comes to a Poultis, and so lay it warme to your brest: if you perceive it

that this will not help your brest without it be broke, you must rost a Lily root, and lay it to your brest where you will have it breake; and when it is broken, you must tent it with leaven and milke sodden thick together, and make a Plaister thereof, and lay it to the place where it is broken; you must dresse it twice a day, laying the Poulus all about your brest, saving the Place that the Plaister lyes on; you must dresse it both with new Poultis and a new Plaister twice every day, till it begin to heale, and then once a day is sufficient.

Tostanch bleeding at the Nosc.

Ake Bolerminack, and the white of an Ege, and Vinegar, and beat them together, and make Plaisters thereof, and lay them to your Temples,

D 4

To

To flanch the bleeding of a wound.

Take of unfer Hysop, and bruise it a little, and take the powder of the bone that is to bee found in a Capers head, and strew the same powder on the Hysop, and lay it to the wound.

Another for to stanch the bleeding of a wound.

Take Hogs dung hot from the Hog, with Sugar, and lay it to the wound.

For the weaknesse in the back.

Ake Clary and Dates, and the pith of an Ox, and put them together, and then put them to your creame, and Egges, and grated bread, and fry them together, and ftrew Sugar on it, and eat it in the morning fasting, and you must put some white Sanders

Sanders in it also when you temper it together,

#### For the Wormes.

Take Mares milke, and drink it as hot as you can have it from the Mare, in the morning fasting.

To know whether a child bath the Wormes or no.

Take a pecce of white Leather, and peck it full of holes with your knife, and rub it with Worme-wood, and spread hony on it, and strew the powder of Alesackatrina, and lay it on the Childs Navill when he goeth to bed, and if he have the Wormes, the plaister will slick fast, and if he have them not, it will fall off.

DS

For

For one that is bruised with a falt.

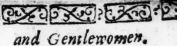
Take stone Pitch and beat it, and drinke it with white wine, or sack or Malmesie; and if you have none, then take some other liquour; then melt Parmacity, and anoint the place where the bruife is.

For the wind-collich.

Take Parsly seeds, and bruise them, and seeth them in Sack, and drink it warme when you have your paine.

For the Gowt that is newly come.

Ake Rubarb, and grate it, and mingle it with Conserve of red Roses, and eat thereof every morning fasting a prety quantity.



A water to wash a Sore.

Take of Plantane, and Wood-bine-leaves, and white Roses, and still them together, and when the water is stilled, put a quantity of Camphite into it, and so let it lye in the water continually.

For the Shrink ng of the Sinewes.

Take the Marrow of a horse bone, and the crops of Elders, and as much of Sage, and chop them together, and boile them in the marrow, and then straine out the herbs, and put to the liquour one spoonfull of honey, two spoonfuls of Aqua-composita, and a quantity of Pepper, and boile ragaine, and keep it for your vse.

For the Piles.

Take a quantity of Ragworr, and day quantity of ground Ivie, and the

the marrow of the hinder leg of a Bullock, and beat the marrow and the herbs together, and boile them on a foftfire, and straine them, and keepe it for your vse.

A Salve to take dead flesh out of a sore.

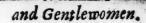
Ake a spoonfull of Vinegar, and a spoonfull of Hony, and a quantity of Verdy-grease, & as much Allome, and boile all these together, and keepe it for your vse.

For the staying of the Flux.

Ake a new laid Egge, and take off a little of the top of it, and poure out a little of the white, and fill up the Egge with Aqua Composita, and stirre it together, and rost it, and sup up the Egge in the morning fasting: till you be well use this.

Another





Another for the fame.

Ake Rice-pottage with Almondmilke: you must nor blanch the Almonds, and make little bals of Virgin-wax: make them lesse than Pease, and when you doe eat of the Pottage, takethree or source of the Bals, and put them in every spoonfull as you doe eat it.

#### For the Gowt.

Ake an earthen por, and put into it a quart of Aqua-Composita, and take two handfuls of Henbane, and breake it, and put it into it, and set the pot in the earth all the moneth of May, and it will come to an Oile; and at the end of May, you must take it up, and keepe it for your use? you must cover the pot very close when you set it in the ground; and when you annoint the griefe therewith, you must doe it against the fire.

For

## For the piles.

Take Martlemasse beese, and dry it, and beat it to powder, and then put it into a chasing dish of coles, and set it in a chaire, and sit over it.

## For an Agae.

If it be for a childe, take two spoonfuls of good Ale, and seeth it, and seum it, and one spoonfull of the Sirup of Roses, and let him drink it luke warme: if for an old body, then take three spoonfuls of good Ale, and two spoonfuls of the Sirup of Roses.

## To make afresh cheese.

Take a quantity of new Milke, and fet it on the fire, and fet it boile, and take halfe a dozen yolkes of Egs, and beat them, and stirre them in the milke on the fire; then take it off the fire, and keepe it stirred tillit be luke warme.

warme, and then put Runner into it, and stirre it, and levit stand till it bee gathered together, and take up the Gurd, and put into it Cinamon and Ginger, and stirre it about and makedithes of it, as you thinke good.

A Medicine for a pesilient Ague, or to drive any thing from the heart.

Make a Posset with whitewine, and take away the curd, and take horse dung of a stone horse, as hot as you can get it from the horse, and straine it with the Posset drink, and put a little Methridate, and Cardus Benedictus water, and Vnicornes horne: and if you have no Vnicornes horne, then put Ivory or Seahorsetooth, and give it to the sick to drinke fasting in the Morning, warming it, and you must put the Vnicornes horne into the spoon, and take it with some of the Posset-drinke,

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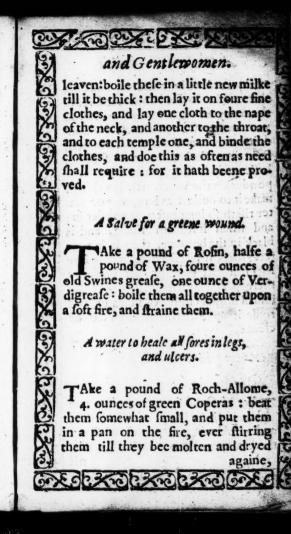
and so drinke the Posset presently after it, and vie this two or three mornings.

A Medicine for the forenesse in the throat that commeth with the Rheume.

Ake halfea pint of Hony-sucklewater, and two Iewes eares, of Plantane and Sinkfield halfe a handfull, and a few Columbine leaves: these must be sod with as much white Sugar-Candy as will bring the liquor to a Sirup: you must put in a little Howell, Cinamon, and so take it in the morning, and in the evening, and at such times as your throat is dry.

Another for the falling of the Evalow, or other paine in the throat.

Take a handfull of red Sage, a fpoonefull of Dill-feed, a pecce of leaven:



againeready to be powdred, and beat them againe in fine powder, and keepe them to your vie. When you will make your water, fet a pottle of faire Conduit-water over the fire, till it boileth fast: then take it away, and as soone as it leaveth boiling, cast abroad your powder on the water, the which will make it to boile : as long as your water rifeth, so long cast your powder in; and when it leaveth rifing, and is black in the bottome, then it is perfect : then, if you fee a dangerous fore leg, first cast your powder presently thereon, and lay thereto three or foure fold of linnen cloth wet in water, and roule it up : doe fo till the Vicer be cleane.

Avery good mater for a fore mouth.

Ake of Conduit water a pint, one handfull of Hylop, of white wine, and of Almonds a pound, of Rofes three ounces : feeth them all together

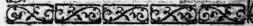
till the herbs be tender: then take it from the fire and straine it, and keepe it for your vse: you must alwaies wash your mouth, and rub it after meat, and in the morning.

A Castle to breake any smelling that is ready to breake.

Ake of Commine, of Hysop, and of quick-lime a like quantity: bray them together in a Mortar, till it be very fine: when you would open an Impostume, lay it as big as an hasel Nue upon the next place, and bind it very hard, and let it remains there a houres: then take it off, for it will make the place dead, and then you may let out the matter without griefe to the patient.

A Catitus Plaister.

Take of Litrage of gold powdred very fine, common oile, hogs greafe



a pound, white Coperas four counces; put them all together in a brazen Pan, and feeth it over a very foft fire of coles, and trie it continually untill it come to a body; and in the boyling you must cast into it one ounce of good Rose-water, or two, and now and then a spoonefull; and when it is come to a good body, take it off the fire, and stir it till it bee cold, and ready to bee made up in a rowle, and then make it up.

#### To make Populier.

Ake of Populer buds a pecke, of hogs greafe foure pound: feeth them both together a quarter of an houre, and then take it off, and ftraine it: if it be too thin, put in a little Wax.

#### Bafilicon.

TAke Pitch, Rofin, Wax, Sheepes Suet, common Oyle, a like quantititie:

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titie : bear these small, and put them in a brazen Pan, and melt them all together : then take them off the fire, and straine them thorow a course linnen cloth, for the Pirch will not be molten: this is good for all manner of fores : and when you will put in a Tent, mix it with the yolk of an Egge.

#### Maturacum Poultnis.

Ake Onions, Garlick, Dow, Lilly-roots, a like quanitry: roaft them all in a wet cloth under ashes, and then put them in a Mortar, and beat them small: this is good for all Impostumes to breake them out.

#### A Medicine to heale old fores.

Ake Plantane, Bramble tops, Orpin, Bettony, Egremonie, of each a handfull : ftraine them. and put thereto Rofin and Wax, of each a quarter of a pound; fresh Hogges greafe and Sheepes fuet, of each foure

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ounces: boile all them together till the juice be confirmed: then straine it, and keepe it to raise slesh, and heale old fores.

A plaister to heale old sores after they be made cleane, and filled with slesh.

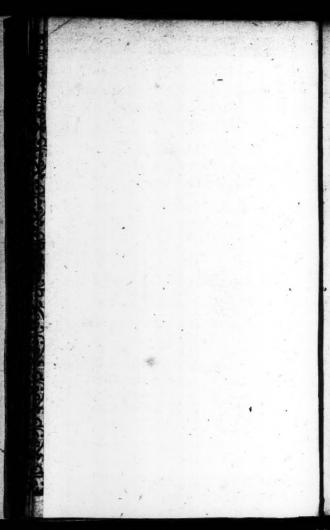
Ake Sallet oyle halfe a pint, Lead a quarter of a pound boile these till they be black, and keepe them for your vse.

To cleanse a sore, and take away the dead slesh.

Ake Wood-bine flowers, white Roses, Plantane, and still them together; and when it is stilled, take six penniworth of Camphire, and put it into a quart of the water, and set it in the Sun for ten or twelve dayes, and so wash the fore withall.

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little falt, and a gliffer: if you will have it breake wind, put into the fore-faid Commine feed, Fennell feed, Annifeed, of each bruifed two good handfuls, and boyle all together, and frame it, and make it as aforefaid, and put in the gliffer.

To take away the heat of a burne, or out of a scald.

Ake Egges, and roaft them, as hard as a frone: then take out the yolkes of them: then take a frying-pan, and put in the yolkes of the hard Egges, and folet it fry till it cometo an Oyle: then fraine it, and annoint the burne withall: then take a bladder, and annoint it with Sallet-oyle, and lay it to the burne.

To make another Gliffer.

Ake running water, two handfuls of Carmon, a handfull of Mallowes, a handfull of Worme-wood, a

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handfull of Mcreury, an ounce of Commine, two ounces of Fennell-feeds, two ounces of Annifeeds: beat all your feeds, and fer your herbs a boyling, and straine them.

A Medicine for one that is broken.

Ake a quantitie of Comfrey, a quantitie of Knehome, a quantitie of Knehome, a quantitie of Ribervorum, and a quantitie of Polipody: stampe them all together, and straine them in Ale, and then give the patient the same to drinke cold, and truste him up with some bolster, and let his diet be but competent, eschewing all slippery meats, as butter, and such like: provided alwayes, that the patient keep his bed six or seven dayes, lying upon his backe, and sometimes hold his belly with his hand.

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To make a Poultis for swelling.

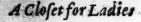
Ake the crum of Mancher, and feethe it in milke till it be thick: then put in a peece of new Butter about the quantitie of a Walnutjor fomewhat more.

For the Rhenme.

Take a little quantitie of Mafficke, and as much Pellitory of Spaine cut in small peeces: sew them in a little bag of linnen cloth: keepe the bag in your mouth, till the Pellitory and the Masticke be consumed, and spit in the meane time as much as you can.

For the Tooth-ache and the Rheume.

Take a quantitie of Gum of Ivie; put it in a little bag of linnen; then wet your bagge in Aqua vitæ or Vinegar, and keepe it in your mouthrill the Gum of Ivie bee confumed; hold the E2 bagge



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bagge over or upon the hollow tooth.

A water for the eyes.

Ake a pint of white wine: then heat a stone called Lapis Calaminaris, sed hot, nine or ten times in the sire, and quench it every time in the wine: the last time you quench you stone, stirre it about in the wine: then keepe your water in a cleane glasse, and let it stand, use to put in your eye one drop or two, morning and evening.

### For the eyes.

Take Rosemary, Housteeke, red Fennell, and roast an egge, and take out the yolke: beat these herbes together and straine them.

### For the paine in the head.

Take of the best faller oyle you can get, and the flowers of wilde primroses.

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roses, and put them into the oyle, and then set it on the fire, and let it boyle halfe an houre very forely: then put it in a glasse, and set it in the Sunne three weeks, and then rub your temples evening and merning. E. C.

#### A Gargas for to purge the head.

Take a pint and a halfe of Winevinegar, Mustard sceds, Ginger, Cloves, Nutmegs, Pellitory-rootes, about the quantitie of one ounce: when they are beaten, put it into the liquor, and stirre them together for the space of a weeke: then gargasticit every morning before you use the oyle to your head.

### For a pin and a web.

Take the oyle compacted of the bone of a Gooles wing, and sub it in the palme of your hand, that no thivers of the bone doe sticke in it, and E 3

put it in with the point of a pin: for the bignefic of a pins head is enough at once.

## For a sweding.

Take Barrowes greafe and Sothernwood, and Aqua vitæ, and boile it together; and when you have boiled it, fraine it in a pan.

#### For a Bone-ache

Take two or three handfuls of Camomile, a quarter of a pound of sheeps suct chopt small, and a peece of stonepitch of the quantitie of a Walnut, and a peece of leavened bread in it crumbled very small: boile it in your owne water, till it be very thicke, that you may spread it upon a cloth like a plaister, and lay it on the place where the ache is, for source and twentie houres, and to dresse it three times: if you doe, it will take away the ache.

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A Medicine to heale an old fore,

TAke a quarter of a pound of Rofin. and melt it in a pan till it have left cracking, and then fake halfe as much wax, and a little Turpentine and theeps fuet chopt small, and a spoonefull of Ovle-Olive, and boyle them all together, and when you have done fo, frain them in a paile of water, and make it up even as you will occupie it, and draw your plaisters thin, and dreffe it three times a day, that is to fay, at morning, noone, and evening, till it becalmost whole: then dreffe it but twice a day. morning and evening: but if there be any core that hinders the healing of it. take a little Mercury, and put it in two spoonfuls of water; and when the Mercury is melted in the water, and congealedtogether, take a feather, and drop in two or three drops, and lay a plaister upon the wound, and it will bring forth the core.

For an Andcome.

Ake halfe a dozen knots of a young Oake, and put them in a fire-pan, and burne them to a red cole, and take Boares grease, and fine suct, and two or three cornes of salt, and stampe them very fine, and so make a plaister of it; and it it doe draw and heale too fast, lay line underneath the salve: you must dresse it twice in the Winter dayes, and thrice in the Summer-dayes.

The Copie of Doller Ste-

Take a Gallon of the best Gascoine wine: then take Ginger, Gallingale, Cinamon, Nutmegs, Graines, Clovés, Anniseeds, Fennell-seed, Carroway-seeds, of each of them a dram-weight: then take wilde Time, Hysop, Lavender, Sage, Mints, red-Roses, Garden Time, Pellitorie of the

the wall, and Rosemary, of each of them one good handfull, and bray the herbs very small, and stampe the spices all together very small: pur all together into the wine, and close it fast twelve houres, and stirre it divers times then still it in a Limbecke, and keepe the first water, for it is the best: and then keepe the second, for it is good, but not so good as the first.

E. C.

A dram weight of the feed of Collumbine, bruifed with halfe a penny weight of Saffron drunken with wine, is good for the Janders: then goe to bed and provoke sweat: the flowers diftilled are good for the same purpose, and against swounings.

#### Pimpinell.

This herbe is good against the Pestilence, to bee taken fasting in a morning, and good against the stone; the roots sodden, condited in sugar,

may profit them that have cold stomackes, and are troubled with too much sleame, the collicke and stone: this root, any way taken, is good against poison.

Mouseare is hot and drys: some use to give the juyce of this common Mouseare, to hinder the cold of a quartan Ague: some use to gather the roots in May, and drie it, and give it to them that are broken: it is good for the bloudie Flix, the great scowring of the mother, for wormes both outward and inward, common slixes, for younting of choler, and specially for breaking of the braine pan.

The juyce of Costemary drunken, killeth both small and great Wormes in the belly: it is good for a cold Mother: it strengthens the stomacke, whether it be drunken or laid to, and stayesth vomiting: the herb of this nature, whether it bee strewed, or else persume

### and Gentlewomen

perfume made thereof, drives away Serpents, and is good against their poysons, and it helpeth and strengthneth the head.

To take out the beat of a Burne.

Ake the fat of Hogges guts and sheeps trittles, and boyle them, and put them in a pot: this will heale the partie, and take out the fire, and will keepe good a whole yeare: this hath beene proved.

To take the heat out of the face.

Ake running water and Elderflowers, Plantane, white Dailieroots, and herb-robert: put them in the running water, and wash your face morning and evening therewith.

A Medicine for a Canker in ones mouth proved.

Ake running water, a handfull of wood-binde leaves, a handfull of Bramble leaves, a handfull of Columbine leaves, a little Rosemary, and boyle them together till halfe the water be wasted: then put in two or three spoonefuls of honey, a peece of Roch-Allome, three or foure spoonefuls of Wine-vinegar, and wash your mouth with the sodden herbs thereof, three or foure times every day.

### The Diet drinke:

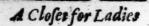
Inft, buy a Diet-pot of the common fort, such a one as will cost eight pence or ten pence: then put into it halfe a pound of Liquorice scraped and bruised, halte a pound of Anniseeds bruised, three quarters of a pound of Lignum vitæ bought at the

### and Gentlewomen.

Turners, and one ounce of the barke of the same wood, which is to bee bought at the Apothecaries, halfe a pound of Raifins of the Sunne, the stones raken out, a good handfull of Scabias, an ounce of Chinie, two ounces of Salyprilla, a quantitie of whitewine : then fill up your pot with faire water, faving a pint: then cover your pot with his cover, and close it round about the brim with paste : then fer it on a foft fire of coales, and let it boile three houres, till the fourth part bee wasted : then put the clearest into bottles, and drinke morning and evening a good draught, and so doe fourteene or fifteene day es.

If you put a little of the wood into the fire, and there fry out of it like oyle, then you shall be sure it is good.





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For the bead-ache.

Betony, Camomile roots, Lettuce, Checmete, of each fort two handfuls, dried Roses: put them to powder of Nurmegs: boyle this in white-wine: then take out the herbs and fry them in Oyle-olive, and straine them in a cloth, and make an oyntment thereof, and therewith annoint the head.

Tomake the Rheume-medicine.

Ake five quarts of Hysop-water:
it must be stilled when the Hyfop beareth Flowers; and one
pound of English Liquorice cleane
straped, and cut in little peeces: bruise
them, and then put it to the water, and
boylethem till halfe bee consumed away; then straine it in shallow parts,
and set it in the Sun, and stirre it now
and then, and sometimes set it over the
fire

### and Gentlewomen.

fire till you fee it wax blacke, but doe not boile it, and it will wax stiffe with standing in the Sunne, that you may make it in little cakes.

### A Salve for a cut.

Ake fix ounces of Deare fuet, foure ounces of wax, foure ounces of wax, foure ounces of Rofin: stamp and straine Velerian, and take the juyce as much as you think will make the salve looke greene, and boyle them together till it come to a salve.

A medicine for the flopping of the Liver, very good for them that have the landers.

Take Parlly-rootes, Fennell-rootes, Asperigon-roots, Kaecham-roots, Succory-roots, of each the weight of halfea crowne in filver; of Dock-roots the weight of twelve pence, a little Lictorice, halfe a handfull of Raisins of the Sunne stoned: boile this in three pints

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pints of water to a quart, and make Almond-nilke with the liquor, and take two parts of fweet Almonds, and one part of bitter: fweeten it with Sugar, or elfe with firup of Succory, and drink a draught three mornings together, faking three houres after it, use this every month: you may put in Barley husked, and Saxifrage, Maiden-haire, and Liverwort.

#### For the wormes.

He powder of Coralina, to the weight of three pence in filver, a given in the water of Couchgraffe.

A Medicine for a quartan or a tertian Ague.

Ake the Herbs and roots called Harts horne, Plantane and Orpin, and beat them with a little white wine, and a little bay falt, and folay it on a cloth upon your wrift, but be fure it lye on the places on both armes, changing

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### and Gentlewomen.

changing it every foure and twentie houres: bee fure also, that you lay it two houres before the fit commeth, and hang nine roots of the Harts horne about your necke in a sike bagge, so that it may lye upon the hollow of your stomacke, and let it hang till your Ague bee gone. You must not wash neither herbes nor rootes: and you may take the roots when you cannot get the herbs, and use them so.

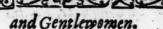
For the Canker in the mouth or ramnesse, or in the lower part of the woe.

Take red Fennell, red Sage, Hyfop, Herb grace, Rosemary Honysuckle leaves, Fethersue, and
Daise seaves, of each a little quantitie, in all two handfuls: boile these in
a quart of running water to a pint:
straine it, and let it stand untill it bee
cleare, and put therein a spoonefull
of English Honey, and as much Roch
Allome

Allome beaten, as the bigneffe of a Bean, and boile it together: you must take off the scumme as it doth arise when it is boiled: put it into a glasse, and keepe for your use: you must warme it when you take it.

A good Medicine for an Andicome, or a botch, or a fore brest, or Carbuncle, to ripe or breake them.

Ake a quantitie of Herb-grace, a quantitie of leavened bread well crummed, halfe a spoone-full of Sallet-oyle or Capons-grease: boyle these in good Ale-grounds, and keepe it with sturing till it be thicke; and when you use it, lay it upon a cloth warme to the griese. This medicine will resolve a brest without breaking it, unlesse it need breaking: you must change it every day once.



A good Salve to heale it when it is broken .

TAke a quantirie of Boares greate, of Wax and Rofin, of each alike quantitie: you must scrape the Wax. and beat the Rofin, and boyle them together till they be melted; then take Lapis Calaminaris and Roch-allome, as much as a beane of each, and beat them rogether: then take a spoonfull of English Hony, and put them together, and boyle themagaine; and when it is well boyled, powre it into cold water, and make it up in rowles, and keepe it for your ufe.

### A Medicine for a bruife.

Ake a quantitie of Stone-pitch, as much gray Sope, and beat the Pirch finely to powder, and boile them together with stirring till it bee boyled : then take it off the fire, and

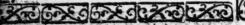
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let it coole, and then spread it upon a cloth, and lay it to the griefe: it must not bee thorow cold, for then it will not spread: and if one doe not heale it, then lay on another cloth spread with the same.

An ointment for an Ague-Sore, or other fores, and for swellings.

The out-fide thin; fome doe call it wilde vine: flice it, and lay it all night in a pint of Sallet oyle, and thenboile it, straine it, and keepe it for your use: for this is good to annoint any Ague-sore, or any other swelling. Then take halfe a pint of Sallet oyle, and as much red Lead as you can buy for two pence, and boyle them together, and keepe it firring till it looke blacke: then take as many cloaths as you thinke will drinke up the oyle and the Lead, and then coole it, and keepe it for your use.

This oyle and lead is good for Ague-





fores and other fores. Remember to amoint the fores with the oyntment aforesaid first, and then lay on the Seare-cloth, doing this twice a day, till the fore bee whole. And for swelling, you must use the Bryonic-roots and the Oyle onely, without the Oyle and the Lead.

## An approved good medicine for the Tooth-ache.

Take Rose-water either red or damaske: take yellow wax a quantity, and fresh butter, of either an equall quantitie, and mingle them together in a dish upon the coales and then take a linnen cloth, and dip it therein, and lay it to that side of your jaw where you are grieved, as hot as you can suffer it; the hotter, the better.

### A Medioine for the bloudy Flix.

TAke two toftes of cheat-bread, and tofte them; and two egges; and rofte

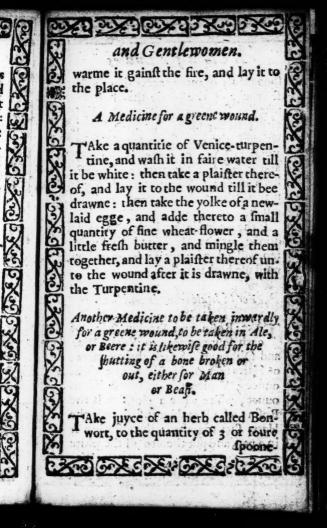
roste them hard, and take the yolkes of them, and the liver of a chick, and bear all this together small: then put all this into a pint of Charne-milke: then take halfe an ounce of Cinamon: beat it small, and put it in the medicine, and then take of it evening and morning fasting, for so it most availeth you: but if your stomacke bee weake, then put in some Sugar to sweeten it.

For the pin and web in the eye.

Take the juyce of Parfly, and halfe as much Honey, and with a feather drop it in the eye; and after it, you must put in some powder of white Sugar-candy: you must dresse it thus very often.

For to take the Ague out of any place where it doth fall.

Take Succory, a pretrie quantity of it, and mingle it with some Boares greate, and pread upon the cloth, and warme



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fpoonefuls or more, according to the ftomacke of the partie that is hurt: take the same quantitic and drinke it either in the milke, or as before is written, three or foure severall mornings fasting, or oftner if you will, and it will free the partie: when the herb is not to bee gotten, then you may use the root, and it will availe as much.

If the wound be but little, either this drinke, or the Medicine before written, will helpe it; but if it be great, you must use both together.

### For to heale wounds and fores.

Take Rosin and Frankincense, of each foure ounces, of White Wax and Olibinum, of each three ounces; of Harts suet, of Massicke, of each an ounce; Venice turpentine halfe an ounce; white wine a pint: malt the Rosin; the Frankincense, and the Harts suet together; then straine it in a pan, and put thereto all the white

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Wax, the Olibinum, and the Mattick made into powder, and the white wine: boyle all together till the wine be confuned; then take it from the fire, and firre ittill it be almost cold: then put in the Turpentine, and make it in a rowle, and keep it in Parchment or Leather.

#### Another.

Ake Calamint, Peniriall, of each a like quantitic, Nigella-romena-feed a little bruifed, a French crownes weight: boyle all these in posset drinke made of white wine and Ale; a good draught evening and morning you must drinke.

A Medicine for the bead-burning that long time bath beene;

Take a quantitie of the Gawle of a Hare, and as much Honey; mingle ittogether a good while, till it turne red, and with it annoint the fore head,

and all the aking shall be taken away:

For to fet a bone, or heale a broken bone in man or beaft.

Take the juyce of Comfreyroots, and wilde Daifie-roots,
and boyle them with Turpentine and
yellow wax, and make a flat planter
thereof, and lay it to the griefe, and
fet splinters about it, and rowle it to
keepe it stiffe, once in five dayes, untill
it be whole; you must drinke the juyce
of the roots nine dayes in some liquor,
either to man or beast, when you use
the plaister.

#### For the Piles.

Ake new milke, and thicken it with Oat-meale finely lifted thorow a fieve, and 'et it seeth till you make at up like Suppostaries: then take it up, and cut off the outside of a Race of Ginger, and grate it, and mingle

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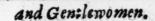
mingle it together, and some of it make into a plaister, and the rest make like Suppositaries, and put them up as you doe Suppositaries: then lay a plaister on the place, and use this till you bee whole.

#### A Medicine for a Rupture in old or young:

T'Ake Knotwort, Ribwort, and Comfry of each a like quantitie; wash them, and dry them, and fer them in the oven when the bread is drawne. that for hey may dry: then beat them to powder; then searce them finely thorow a Searce or Sieve; and looke what quantitie you take of the Herbs when they be dried, take halfe fo much ke Annifeeds, and beat them with the powder of the herbs, and fearce them: and thus having made the powder readie, when you will use it, take as much of the powder as you can lay, or take upon a good broad fix pence, and fourteene mornings together give it

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to the partie to drinke with a little Malmfie fasting, and annoint the place, first with oyle of Spike mingled with any other thing; and also take such herbs as you make your powder of, and leeth them in faire running water untill they be tender, wringing the water out of them, and apply them to the place as hot as the partie can fuffer it, and let not the truffe be too ffrait, lest it force the place to rent further. Take the herbs to make the powder within May, when the chiefe ftrength is in them : the Knotwort bears a little watcher flower. This hath beene proved on children fo borne, and on old folkes that have beene foure and twentie yeares broken, and dorh helpe all forts, that with good nfage doe not abuse themselves, through the grace of God.



A Medicine to be used diving all the time of the Plague; good against Infection.

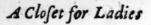
Ake a pint of white wine vinegar, and halfe a pint of Jene Trekle, and a quantitie of Bole Armoniacke, otherwise called Bolles verus, and stirre all this together, and take three spoonefuls in the morning fasting, and fast an houre after it, and take three spoonefuls an houre after supper.

Another Medicine for paine in

Sethe leaves of Agrimonic with Honey, and give them to drinke, and draw it therow a cloth, and keepe it in a box, and therewith annoint your head, and wash your head in the water that Celandine is sodden in.

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For the aking of the bead.

Secthe Pulioll in Ayfill and then put it in thy nose. Take Rue and Fennell and seethe them together in water, and wash therewith the head.

For a Felon of the head, that swelleth the head of a man: and that before written is for the same.

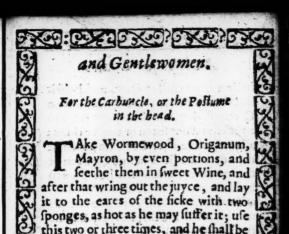
The Ake the greafe of an Hart, and Honey, and Barly-meale, and Otetreft, and Moycell, and stampethem together, and after shave thy head; then make a plaister, and lay it to thy head as hot as you may suffer it, and let it lye till it be whole.

For all Evils of the head.

Ake Rue, and stampe it with frong Aysill; mingle it, and wath the head therewith.

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For



For the Megrim, Postume, Drosse, Fcver, and all monner of aking in the head.

whole.

Take a penny-weight of the root of Pellitory of Spain, fix peny-weight of Spicardy, and grinde them together, and secthe them in good Vinegar, and take a Saucertull of Honey, and five of Mustrid; and when the liquor that is boiled is cold, put thereto the Honey and the Mustard, and stirre them well at the ficke use thereof;

halfe a spoonefull at once, and hold it still in his mouth the space of two Creeds saying, and then spet it out into a vessel, and doe so ten or twelve times; a good while after hee hath eaten at noone; and a little before even ten or twelve times: and when hee goes to bed, take and wash cleane his mouth, and drinke a draught, and goe to bed; use this Medicine three dayes, and he shall be whose.

#### For the bead-ache.

Take and seethe Vervine and Betony, Sisles and Wormwood; wash the parties head with the water thrice in the weeke, and take the herbs, and make a plaister and lay it upon the upper part of the head on this wise.

Ake the herbs aforesaid when they are well sodden, and wring out the juyce of them, and then shem with the water wherewith they

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were sodden, and put thereto the bran of wheat for to hold the juyce of the herbs, that it goe not out, and make a garland of linnen that may goe about the head, and bind the plaister under it as hot as the sick may suffer it: doe this three times, and he shall be whole.

#### Another.

Loves comfort the stomacke, liver and heart: they helpe disgestion, and stop the belly: they
quicken the eie-sight, and scowre away
the clouds and hawes of the eyes: they
are good against all cold diseases, and
they are het in the third degree. The
eyle of cloves is very good for a cold
stomacke, and for any other place that
hath need of warming, as a rhumaticke braine.

#### Another.

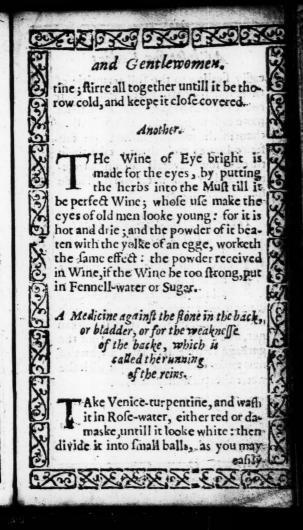
Take of Litrage of Lead four counces; of Vinegar, common Oyle, a

like quantity: put the litrage in a mortar, and put a little of the Vinegar, and a little of the oyle, and beat them together, and so put in by a little and a little all your oile and vinegar; you must beat them two hour estogether, it must be as thicke as your greene-salve.

#### Another.

TAke Camphory, Hearts eafe, Privit, Plantane of each of them a handful; bruise these in a mortar, and put thereto Harts fuet, fine Saller oyle, of each dim li, mingle them well together, and let them fland foure and twenty hours; then put them into a pan or braffe pot, and put thereto Wax and Rofin broken in small peeces, of each dim. lib. ler these boyle all together over a fire of coales, till the juyce of the berbs bee confumed, and the oyntment greene; then straine it thorow a canvasc-cloth into some por that you will keepe it in; and when it begins to be cold, then put thereto four e ounces of Venice turpen-

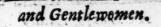
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easily swallow to the full quantitie of three hasell-nuts or thereabout: then rowle them in Sugar, to make them the more easie to bee taken: then swallow them in the morning fasting, and fast foure houres after them: take these three or foure severall mornings together, and in your water you shall finde much gravell.

To take away the pock-holes, or any foci in thy face.

Ake white Rose-water, and wet a fine cloth therein, and set it all night to freeze, and then lay it upon your face till it be drie; also take three poppies, the reddest you can get, and quarter them, taking out the garbage; then still them in a quart of new milke of a red cow, and with the water thereof wash your face.



To make Snow.

Ake the whites of five or fix egges, a handfull of fine Sugar, and as much Rofe-water, and put them in a portle of creame of the thickest you can get: beat them all together; as the Snow rifeth take it off with a spoone; you must beat it with a sticke cloven in foure: then must you take a loase of bread, and cut away the crust, and set it upright in a platter: then set a saire Rosemary-branch in the loase, and cast your Snow upon it with a spoone.

A Medicine for the Piles.

Ake the herb called Torchwort; it groweth high, bearing a yellow flower, blowing out, of the flalke, the leaves looke hoare, Toke the juyce and boyle it with fresh butter a little while, and keep it close, and the it evening and morning: if a Cowes udder

### A Chofet for Ladies

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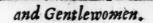
udder be stung or bit with a Snake or such like, take Lavender, and wash it cleane, and see the it in Chamber-lye a good while, and wash it evening and morning warme: you may pura little fresh butter in it, and milke out the milke when you doe it.

A Medicine for a Cold, or a Burne, or a Sore, approved.

Ake Waterfuck-leaves, otherwife called Hogwort leaves, Ally-house, Dailie roots, seaves and all, and a little Rose-mary; wash them, stampe them, and boyle them in creame till it is butter: then straine them, and apply it warme to the burne; pricke the Waterfuck-leaves, and lay them upon it, dressing it twice a day, or three times; if need be. To heale a fore put Turpentine, Rosin, and Wax in it, dressing it with Lint.

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#### For the Stitch.

Take Stitch-wort, Bay-leaves, Holly without prickles, of each a like quantitie, the juyce, graines beaten: drinke it in Alewarme.

#### For the swelling.

Take the grounds of good Ale, Glovers fhreds, and white-bread crums, and Sage: boyle them, lay it to warme, it will swage the swelling and theaches it hath beene proved.

#### For the Tooth ache.

Take Organy that groweth close to the ground, and tasteth like Aquavitz; bruise it, lay it to the tooth: Bursa pastoris will doe the like.

For

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For a Bite, or Felon, or fore legge.

Eethe a pint of Ale to two spoonefuls life a sirup: pricke a peece of leather with a pin; it will heale it withour breaking; if it be broken, take lint to the hole with some salve, let it lye foure and twentie houses; lay it to cold.

For the Scratches of a horse legge.

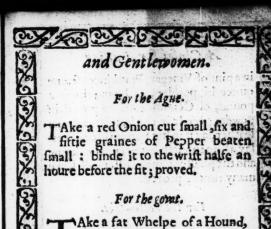
Take Vinegar, Mustard-feed, Gunpowder, boyle them, wash it hot three or source times; proved.

For the Gowt.

Take Mallowes and Sengten; beat them, and boile them in water; then straine them, put Oar-meale-groats soked in Vinegar, and sheepes suct untried: then boile it to a poultis; preved.

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For



Ake a fat Whelpe of a Hound, feald him like a Pig: garbage him in the side: then take red Nettles stamped with two ounces of Brimstone, foure ounces of Turpentine, foure yolkes of egges: stuffe the belly, and sew it up; rost it with a soft sire: save the dripping: annoint the place: it is good for sinews and cramp; it will drive it away: for the like effect, Oyle, Nettles, White-wine, boyle them, apply them hot.

For the Sciatica.

Ake the gall of a Bull, a quart of wort, boile it to a pint: then put in

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in a pint of Vinegar, Prankincense, one ounce in powder, of Honey halfe a pound, of Commine halfe a pound in powder; boyle it thicke: spread it on leather, lay it to hot two or three dayes: lay a linnen cloth betweene the kinne and the plaister; the plaister will serve many times; proved.

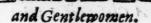
#### For the Tooth-ache.

A lick an handfull, twenty Beans, an handfull of Bay-filt, Pepper; bear it together; lay it to the wrists four and twentie hours or more.

### For to flop the bleeding of a wound.

THe wooll of an inke-horne, Sanguis draconis, and Bollarmonick, and the whites of egges laid on too.

For



For a Comsumption either for old folkes, young folkes or

T'Ake Long-wort, Liver-wort, Hartstongue, of each a handfull, red Mines, red Sage, Mother of Time, of each a handfull, Parfley and Fennellroots, the piths out of each, halfe an handful), Liquorice an onnce, Annifeeds an ounce, Sceeny two ounces, Turbet an ounce, Capdates two ounces, Cinamon an ounce, Nutmegs two ounces, white Sugarcandy foure ounces, Rubarb an ounce fliced: stampe your spices, and your seeds, and beat your other Apothecarystuffe, and shred your herbs fine: boyle it in three quarts of Rennishwine to a portle; fraine it; drinke foure times a day a quarter of a pintat a draught warme; put in a peniworth of Aqua vita, and as much Saffron beaten fine: after it is boyled, if the Parient bee laxative, leave out your Rubarb, Sceeny, and Turber, and boyle

boyle it in wort; it is best in wort for children; for aged folkes that be weak, boile in the stone of a Boar, or a Ram, or a horse is best: one stone is enough for one time: you may take one to purge, and another not to purge; the second receit is enough; purge sirst.

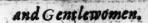
#### Tomake one make water.

Take the stones and kernels of Peaches and Medlers; beat them sine: fift them thorow a searce; put in Sugar, drinke it in white-wine.

#### To make a Seare-cloth.

Ake a pound of Stone-pitch, as much Rofin as a great Walnut, and twice as much clean Wax, a spoonfull of fresh swines grease: boile all together till it be well mixt; then coole it in water; then oyle your hands with Hogges grease, and labour it in your hands an houre and more, till it will it cleave to your hands.

For



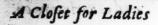
For the same, and the best for allmanner of aches.

Take Rosin dim li. of Perroson a quarter of a pound, as much Gummastick, a quarter of a pound of Decre suct, two ounces of Turpentine, one ounce of Cloves and Mace, of Sasson two ounces, the liquor must be eyle of Roses.

A Soveraigne Medicine for a

Ake Sparmacity eight peniworth, of Oyle two d of black Sope halfe a pound, of Butter without Salt as much as a great Walnut; boile it on a chafing difth of coales halfe an houre, firring, it well from the bottome if pread it on leather, as broad and as long as your griefe; lay it to foure or five dayes.



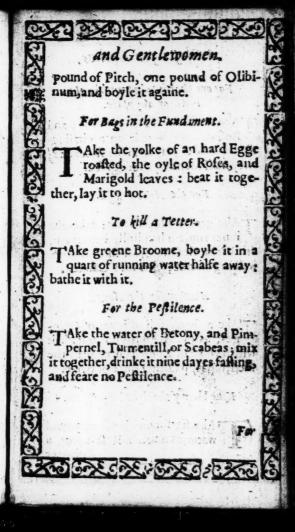


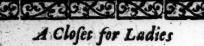
To make a good Gyntment or Salve for any fore.

The a good handfull of Sage, as much of Plantane, as much of Brown-wort, as much of Honyfuckles, as much of Tursame, as much Velerion: boyle all these in May-butter till it be browne: then straine it, and pur in a quantitie of Virgin-wax: then boyle it againe.

A good receipt for all manner of seres, old or new, named. The gift of God, praise beto him.

Ake Betony, Vervine, Pimperhel, Bugle, Smallage, Plantrane, Scabeas water, Agrimohy, of each alike; stampe them together, boyle them together in a gallon of White-wine to the third part, then straine them, and put to them a quantitic of sheepes suct, and halfe a pound of Wax, halfe a pound of Rosin, halfe a pound





For one that is taken within the body, or any place.

TAke Rose-cakes, Aqua-vitz, and Rose-water; heat it on a chasingdish of coales; lay it to the stomacke; eliey shall mend by Gods grace.

For the Ague or Cold.

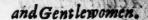
Take greene Alderstickes; take the inner rinde, a handfull; beat them, drink ir in Ale fasting; fast three houres, walking after it; then eat a Caudell.

Another for the Agne.

Take a spoonefull of juyce of Oringes, as much Aqua-virz, mingle it with a yolke of a new laid egge in the shell, sup it to fasting once or twice.

King Henry the eight his perfume.

Ake six spoonfuls of compound water, as much of Rose-water, a quarter.



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quarter of an ounce of fine Sugar, two graines of Muske, two graines of Amber-greece, two of Civet: boyle it foftly together; all the house will smell of Cloves.

#### For the Strangurion.

Take Hore-hound one handfull and a halfe, red wine halfe a pint, Oyle Olive five spoonefuls: boyle it together, put it in a linnen cloth to the small of the backe, as hot as may be,

#### To cleanse a wound.

TAke Beere, Wheat, Stoneflower, and Honey; boyle it thick: apply it to.

#### For the Gowt.

TAke Worm-wood, Wall-wort, when ten bran, cow-dung, and falt; boile it in Vinegar: plaisfer it to the griefe.

#### For a Bruise.

TAke halfe a pint of Sallet-oyle, as much Oyle of Roses, as much Aqua

vitz, and three or foure score Snailes that beare shels: stampe them small, and boyle them to oyle.

To keepe one laxative.

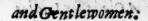
Ake a new layed egge: put out the white, then put in new butter unfalted; heat it, then eat it, use it often.

Two remedies very good against Wormes in little children.

Ake flower of Wheat well boulted, as much as will lye upon three crownes of gold; putit in a glaffe, and powre into it Well-water, fo much as will freepe the said flowre, and make it looke as it were milke, and no thinner: then give the childe drink of it, and you shall see with his excrements the wormes come forth dead, which is a very good remedie.

The





The second remedie against wormes.

Tor children that be so little, that the medicine cannot be ministred at the mouth, you must take very good Aqua-vitæ, wherewith you must wash or wet the stomackor brest of the childe; then power it upon the said place with the powder of sine Myrrhe, and lay the child down a little while with his brest upward, and you shall see incontinently the Wormes, with the childes dung, come forth dead.

To heale children of the Lunatick disease, which happeneth unto them by reason of a worme with two heads, that bree deth in their bodies: the which worme, comming to the beart, causeth such a passion in the childe, that of times it kils them.

Take the tender stalkes of a Wilding tree, and drie them in the shadow:

dow: then stampe them well, and sift them, and take of the said powder and roots of Gention, and of long Ryome, of each of them a quarter of an ounce of Myrthe: all these well beaten to powder, you must put in a dish, or some other vessell, and moist them with a little water; then take of it with your two singers, and wet the lippes and mouth of the childe: doe whist three or source times, and you shall see the worme come forth dead with the excrements.

A vemedie for the Fallingfickness.

Ake Germander gathered in May, when it is in the bloffome: drie it in the hadow, and make it in powder, and when you will use it, take the yolke of an egge or two, and stirre and breake it with a spoonefull of the said powder: then see the it, and give it to the Patient to eat: doe this morning

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morning and evening eight dayes, abflaining from Wine, carnall company of women, from all Pulse, Beanes, Peale, Fletches, Tares, and such other, from Sallets, Salt-fish, and from all other things that are hard of concoction and digestion; a very good and notable Secret.

d Medicineto ewe the biting of all wenomous beafts.

A is foone as the partie feeleth himselfe bitten with any venomous beaft, or as soone after as may be, take greene leaves of a Fig. tree, and press the milke of them three or four times into the wound; and for this, serveth also Mustard seed mingled with Vinegar.

To draw an Arrow head or other iron out of a mound.

The the juyce of Valerian, in the which wet arent, and put into the G 3 wound

wound; laying the faid her b upon it flamped: then make your binder as best fitteth, and by this means you shall draw forth the iron, and after heale the wound.

For a knocke or fall, can fing a bandhio upon the head 31332 31383

TAke an ounce of Bay-falt; raw Hony three ounces, Comin three ounces, Turpentine two ounces: mingle all these well upon the fires then spread in upon a linnen cloth, and make thereof a plaister, and lay it hotto his head: the which will asswage the swelling; and heale the hunt.

de A fecret nemedie against the Plurifie.

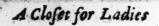
Pen a white loafe new baked, in the middle, and spread it well with good Treacle on both parts, upon the crummic sides, and heat it at the fire a then lay one part upon the place of the disease, and the other part on the

the other side of his body directly, and so binde them that they stirre not, leaving them so a day and a night, of untill the impostume break, and then take away the bread, and immediately the Patient will spet forth the putresaction of the impostume; and when he hath slept a little, let him eat, and by Gods helpe he shall shortly be well.

A very good remedie for a wound with a sword, staffe, stone, or such life.

Take Taxus Barbarus, stampeir, and take the juyce of it; and if the wound bleed, wipe it and make it cleane, washing it with white Wine or water; then put the juyce upon the wound, and the herbs upon it, out of the which you tooke the juyce: then binde up the wound, and in one day you shall see a wonderfull effect.

G 4 Agains



dgainst the disease or gricse of the Flank, and the Chollicke-passion, experimented and proved divers times.

Ake halfe a glaffe or leffe of the juyce of Barbaries, when they becausery ripe and red, and put into it as much red Corall as will lye upon two groats, well broken into powder, and give the Patient to dainke thereof.

Another perfect remedy for the same disease, and to make a man pisse within halfe an boure, that bath not made water in abree or foure dayes, and will break the same mithin ten or twelve dayes.

Ake fine powder of Virga aurea, and put a spoonful of it in to a new laid egge soft rosted, and give the Patient thereof in the morning to his breakfast, and ler him not

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not eat in foure houres after, and then he shall make water in less than halfe an houre, and let him use this for the space of ten or twelve dayes as aforesaid: the Patient shall void the stone without any paine or griefe.

A remedy for spetting of blond, occasioneed by the breach of some veine in the brest.

Take Mice-dung beaten in powder, as much as will lye upon a groat, and put it into halfe a glaffefull of juyce of Plantane with a little Sugar, and fo give the Patient to drinke thereof in the morning and evening: continuing the same he shall be found.

Against the griefe of the Lungs, and freeting of blond, a remedie experimented and tried.

Take an herb called Farfara, or Tuffilago at the Apothecaries, Ungula Caballina, in English called

Coles foot, in French, Par delian; incorporare it well with the lard of a hog chopped, and a new laid egge; boyle all together in a pan, and give the Patient of it to eat nine mornings. This is also good to make one fat.

#### Against a stinking breath.

Take Rosemary leaves with the blossomes, if you can get them, and seethe them in white-wine with a little myrrhe and Cinamon, and you shall finde a marvellous esteat, if you use, it often in your mouth.

Against the biting of a mad dogge, and the rage of maduesse that solvent lowes the partie

Ake the bloffomes or flowers of wilde thiftles, dryed in the shade, and beaten into powder, halfe a nut-shell full; put into White-wine, and drinke it, and in thrice taking

Section Contraction

king it you shall bee whole. A thing tried and experimented.

A Medicine for watry eyes.

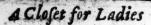
Ake a red Cole-leafe, and anoint the leafe with the white of an egge: when you goe to hed lay the fame to your eyes.

A Medicine for Soreeyes.

Ake a little ground Ivie, and ftraine it and woman's milke together, and let it bee somewhat greene of the Ivie, and then drap a drop or two into the eyes.

Another for the same.

Take Fennell-water stilled, and hive Honey, mingle them together, and put a drop or two into the eye. These aroap proved.



To make water for the eyes to k I the heat of any fore.

Ake red Sage, and boyle it in Smiths water till the third part be confumed: then straine out the Sage very hard, and put into it a quantity of the liquor, a peniworth of Allome, and as much of white Coperas, after you have taken it from the fire, and annoint your eyes therewith.

Another for the same.

Ake the leaves of red Brambles, of Plantane, and Honyfuckles, boyle them all in running water from a quart to a pint, and use it to the fore.

A Medicine for the Pin and Web in the eye.

Take the white of an Egge being hot; take out the yolke cleane, and

put thereto a good quantitie of Sugarcandie: then firaine it hard thorow a cloth, and therewith make a water, and every day two or three times drop it into the eyes.

A Medicine to cleare the fight.

Take Red-rose-water, cleane myrrh as much as a nut: breake in into powder, and binde it in a linnen cloth, and let it lye in the water twelve houres: then take of this water, and put it in your eyes, and it will cleane your fight.

For a pearle in the eye.

Ake red Fennell, and the leaves and roots of white Dailies; and them without any liquor, and put together three spoonfuls of either of them: then take one good spoonefull of clarified Hony, and two or three spoonfuls of womans milke, and drop this into your eye three or foure times

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times a day : and if there be any fight to

For eyes that are blaffed.

Ake a toste made of browne bread, and lay it in red Wine that is not mingled, and let it live until it be soaked halfe an houre; then put it into a fine cloth in two peeces, for each eye one the fine cloth must bee betweene the eye and the toste. Dresse it when you goe to bed at night.

To purge the head and eye. fight.

Ake the juyce of Hey-hoo, and put it into your notivits, and the fleame and running water will follow.

For eyes that be red and fore.

dine; and Ruc, of each two ounces,

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and distill all together; and when need is, then put a drop or two into the fore eye: for it is good for all manner of difeafes in the eye.

#### Against the paine of the eyes.

Ake the yolke of an egge toa fed hard and laid to with Rofeoyle and Saffron; put in the juyce of

#### For to fee well and aloon

against legibles be your o. Ake Eye-bright, red Fennell; of each halfe a handful : of Rue one quarter of an handfull : cause these to bee distilled, and wash your eves daily wish the water of At

#### For the aking in the legger themsel in Malarin, an

Ake a peece of fowre leaven, and as much Barme, and as much blacke Sope; temper them all together, and fo spread it upon a linnen cloth.

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cloth, and put it to your legge where the heat is, and change it twice a day, and by Gods helpe it will heale you in three or foure dreffings.

#### ADiet-drinke for a Consumption.

measured by Ale measure, and put thereto an ounce of Cinamon, an ounce of Cloves, an ounce of Mace, a dramme and a halfe of Acterroots, and boile it till it come to three quarts: let this be your onely drinke till you doe amend.

A Medicine for the head ache.

TAKe a handfull of Rofemary, two handfuls of Betony, and a fluonfull of Honey; and feethe them all in Malmelie, and wash your head therewith.

Another

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Another for the bead ache.

Take five Nutmegs: grate them, and feethe them in Malmesic till they be thicke: make a plaister thereof, and lay it to your temples.

For Wind and fractings in your bead.

Take Egremony and Cinamon: bray them, put them in Ale, and lay it to the temples of the head; and if the paine remove, lay it where the paine removeth.

Another for the bead-ache.

Take a handfull of Cantonile, a handfull of Peniriall, a handfull of Sage, a handfull of Wheat-branne: chop them all together small, boyle them in a pint of tharpe vinegar till they bee thicke, and thereof make a plaister, and lay it to the remples of

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the head as hot as you may fuffer it, and it shall (by Gods helpe) doe you good.

Another for the Same.

TAke a peece of raw. Beefe, and lay it on the name of your necke, and shift it every night when you goe to bed: use this as often as you see good; proved.

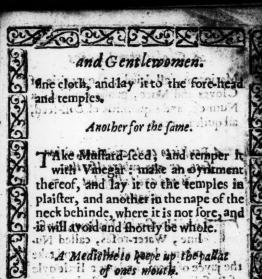
# of his sale ni mod the fame.

Ake an ounce of Oyle of Roles, two ounces of white vinegar, foure ounces of Plantane water: mix these together, and wet a linnen cloth in it, and lay it to the temples.

# A Medicine for the Megrimein

Ake Housteeke and garden wormes, in the greater part being Housteeke:

Attampe them together, and put thereto fine flower, and make a plaister on a
fine



Ake a peece of wheaten leaven, and Commine feed beaten in a mortar a quantitie of Bay fair, and Red-role vinegar, and Red role water ; put them into a bagge of cloth, and lay it to the mould of the head.

To drie up Rhame in the head.

TAke a quantity of dried rofo leaves; the flower of Camomile Baffly

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Marjoram, all dried; a quantitie of Cloves and Mace, große bruised; a Nutmeg, and a quantitie of Dill-seed, all quist in a cap.

A Paultis to coole any place, either, face, or any subtre elfes that, is red and full of hot pioples.

line, Water-roses, called Nuline, Water-roses, called Numinn: bear all these, and take the juyce of them, and pur a little oyle of Roses to them, and wash the place with it, or stampe the herbs till they be thicke like pap; then see it with a little Rose toyle and Was, and then you may lay it on as a plaister but, again't

Against red pimples of the face.

Take an ounce of Camphire, asmuch Brimstone beaten; Myrrhe, Frankincense, of each foure drams, of Rosewatera pound; put all these in a glasse, and

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and fericin the Sonne ten dayes, and then lay it on the places or and it of the places or and it of the son th

Another.

TAke the distilled water of Atherree, Tamaredis oft eaten, Wine of Strawberries laid upon the face.

Another.

Take the distilled water of Mulline and a little Camphire mixed together, and laid to the face.

A Medicine for them that are deafe, for that they have beard before.

Take the juyce of Bittaine, womans milke that hath a man childe; mingle them together, and dippe a peece of blacke wooll in it, and put a peece of it into your care, for the space of ten or eleven dayes, or more; if it happen that this will not take away the deafeness, then take the milke of a

juyce of Bettony, and lay to plainer wife over the eares, night and day for a long time.

To make de syntment for a red face.

Take halfe an ounce of Camphire, two drams of Sulpher-vinum, and an ounce of Deeres fuet; melt the fuet and the Camphire together, then put in the Brimstone, fine ground in a mortar, when the other is almost cold, and fet them no more over the fire after the Brimstone is put in. These being laid on all night, will take away the heat and the pimples.

Another for the same.

Take as much Mercury sublimate as a Beane, and twice as much Allome, and put them in a quart of faire water, and boyle them together with two or three comes of Bay-salt, and bathe your face therewith often in a day

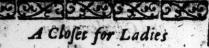
day with the same cold, and open the pimples with your fingers before you wash.

#### For a fore mouth.

Take a quart of white wine, a quart of water, a pint of wine vinegar, a good quantitie of red Sage, two peniworth of Mercury, halfe an ounce of Roch-allom, a quantity of Rolemary, a greater quantity of Woodbine-leaves, and three spoonefuls of boney; see the them together, and wash your mouth therewith.

A water for a Canker and fore mouth.

Ake Rosemary-croppes, Sage, Singfield, Woodbine leaves, Allome, hive Honey, or pure Honey boyled in Spring-water, halfe an handfull of each of the forelaid herbs boyled in three pints of water, till they have boyled a third part away, and keepe it in a glasse slopped.



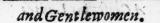
and wash your mouth with it.

For a Canker and sorenesse in the mouth.

Ake two ounces of fine Goperas bearen to powder, halfe a pint of faire water, and let the fame Coperas be distilled or steeped two dayes and two nights: then straine the same softly thorow a linnen cloth; then take a spoonefull thereof, and wash your mouth and throat with it softly, bloud warme, but drinke none of it. This medicine will not continue good above fourteene dayes; therefore you must make it fresh as occasion serves: you must take it morning and evening.

A Medicine for the Mother that rifeth

Ake Aqua-composita, and beat Bay-berries in powder, and put it into the Aqua-composita, and put a spoone-



fpoonfull or two in a draught of beere or Ale, and so drinke it.

A Medicine for the pricking of a needle, or thorne in the joynt.

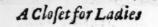
Take faire boulted flower of Wheat, and temper it with white or red Wine, a little Oyle-olive, and a few Rose-leaves; see the them together till it be plaisser-thicke, and lay it to as hot as you can suffer; it will draw forth the needle, and ease the sche.

A Medicine for a Canker that eateth mans flesh.

Take Wheat-bran of the smallest powder, the juyce of Smallage, the juyce of Woodbine, burnt Allom beat into powder, and a little Hony; mingle all these together, and make a plaister of it, and lay it to the sore, and it shall destroy the Canker.

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For



For a Bruise.

Ake Virgin-wax, and Comminefeed well beaten: mix them together, and lay it to the fore plaister-wise.

For a white Scall.

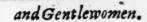
Ake Sallet-oyle beaten with the whites of egges till they be thorowly wrought together: cut away the haire, and so anoint the head, and lay a bladder upon it.

A Medicine against all Stitches.

Take Linfeed, and boyle it in new milke; make a plainer thereof, and lay it to the grieved place.

A Medicine for a fore breft.

Take Groundfill, and chop it finall the grounds of small Beere, whea-



ten branne and sheepes suet beaten in a morter: boyle them all together, and lay it plaister-wise to your brest.

A Medicine for Swelled brefts.

Ake white Wine, Wheat-bran new boulted, Rose-leaves old and new; seethe them till they be thicke: then lay it to the brest as hotas shee may suffer it, from even to morning, and shift it againe.

To breake the fleame of the breft.

Take butter without salt, and honey, of each a quantitie, faire bitter Almonds: blanch them, and beat them fine, and eat a little every day.

A very good Medicine for any ache or fore brest, often approved.

Take Frankincense, fine wrought Wax, Boares grease, and Rosin, H 2 of

of each of them a like quantitie, and feethe them together to a cake; spread it on a cloth as broad as the fore or paine is, and lay it to four e and twenty houres, or twelve at the least.

An approved Medicine for a fore brest.

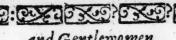
Take a handfull of Mallowes: feethe them very fost in faire water, and then let the water runne away from the Mallowes: then chop or thread them; then put them in a dish with Boares greale, and hear them very hot, and lay on a plaister of linnen cloth to your brest, as hot as you can suffer, three or foure times a day heating it: This hath beene approved very good.

A remedie for the paines of the brest.

Take Hylop, Parlly, and Sage, stampe them together, and lay them to the brest, and it will be whole.

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Another



Another for the stopping of the breft.

TAke Rue, and feethe it with alligant, and drinke it three or foure times.

A Medicine for the bloudie Flix.

Ake as much fine linnen cloth as will make a Suppositary, being wrapped together button-wise: then wet the same in the best Agua vitæ, or Aqua composita, and let the partie grieved convey the same into his fundament, and it will helpe him by the grace of God, within three or foure dreffings: this is approved, and hath holpen many that have beene brought low, and thought paft cure.

Dollor Smiths Medicine for the Collicke and Stone.

TAke Poffet-Ale made of Rhennish wine ; boyle Camomile, running Time, Parfly, Pellitory of the wall,

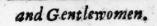
with a good spoonefull of Commineseeds, till the third part and more bee consumed: then straine them with Sugar sufficient: drinke a good draught warme, and use it as occasion serves.

A Medicine for the Chin-cough
for a childe.

Ake Boares greafe, and warme the foles of the feet to the fire: then chafe them with that, and goe to bed, and keepe it warme, and lap clothesto it.

#### Toftay a Laske.

Ake halfe a quarter of a pound of Almonds, and parch them upon two new tiles: beat them in a mortar, and take a quart of faire water, and fet it on the fire and put in halfe an handfull of Knot-graffe, and halfe a handfull of Plantane leaves, and let them feethe a good while: then take



take the water and straine the foresaid Almonds therewith, and make an Almond milke thereof, and put in a peece of Sugar: then take Date stones, and beat them to powder as small as may be, and put some of that powder into the Almond milke: so drinke it luke-warme.

An excellent Medicine for a childe that cannot part with his water or Vrine.

Ake three or foure hive-Bees:
kill them; then drie them upon
hot flate: being thorow-dry,
bruise them to small powder; then
put the powder into a quart of small
Ale, and give the sicke to drinke, and
he shall have present remedie.

A Medicine for the paine of freding in the flomach

Take a good quantitie of Rolemany flowers, boyle them in white Wine, H 4 and

and as hot as may be suffered, apply it to the stomacke.

An approved Medicine for the Spleene.

Ake a quart of Claret-wine, a pint of Oyle of Olive, two good handfulls of Camomile being thred small; boyle the Wine and Camomile together from a quart to a pint, and amoint the hardnesse of the Spleen morning and evening therewith, and it will dissolve.

A Medicine for a Felon or Andcome.

Ake rustie Bacon and Colewortteaves: stampe them together: then take a peece of Dogges leather prickt full of holes, and spreadit upon the leather, laying it to the fore twice a day; and when it begins to heale, but once a day.



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A Medicine for the itch of the body.

Ake sweete butter, unwretter wax, vinegar, brimstone, a little Rose-water, red Cloves whole: boyle them together till they be like a salve: then anoint the slesh three sundrie nights by the fire therewith, and no more.

A Medicine for the Canher in the body.

Take Bollarmonacke, Roch-Allom, and Honey, then beat them to powder: take twice as much of the Allome as of the Bollarmonack, and stir them together till they come to a salve, and so annoint the sore.

A Medicine for the heat or ache in the body, or legges, or elsewhere.

Ake red Docke roots, and take out the over-pith, and feethe them in running water; then draw the

water from them, and beat it with thicke creame, and so ancient the place that is grieved, or with a cloth dipt in the same, and laid over the place.

A Medicine good to cleanse the body.

Take Balme and lay it in white Wine, till it be well steeped, and then distill it; the water thereof is good for any disease that is in the body, but you must distill the Wine and all together, drinking a spoonfull or two in the morning; proved.

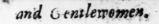
A Medicine for a Fiftula.

Take Vervine and dry it upon a tile, and make powder thereof, and make cleane the fore with a linnen cloth, and fill the hole full of the powder.

Aremedy for one that vomiteth too much.

Take Coriander-seeds fine beaten in powder, and drinke it with Mint-water.

To



To make a Seare-cloth for all manner of aches.

Take a pound of unwrought Wax, halfe a pound of Rosin, two ounces of Frankincense, a pound and an halfe sheepes suct, and boyle them all together, and straine them in a saire bason: then put them in a chasing dish of coales, and dip a linnen cloth therein, and so lay it to the sore.

A Medicine for a Ring-worme or Tetters

Take red Dock-roots, slitthem, and lay them in vinegar, and so wash the Ring-worme or Tetres.

### A Medicine for the Stitche

Ake Wheat flower, and bake a cake, and cut it in the midfl, then ftrike the dowie sides all over with Tarre, and lay it to the Patient as her as may bee: you must lay one half of the

# A Closet for Ladies

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the cake to the one fide of the Patient, the other halfe to the other fide.

A Poultis for all manner of swelling.

Take a lapfull of wilde Mallowes, and seethe them in running water till they bee tender, and then swing them, and chop them small; then take a peniworth of sweet butter, and the crummes of white bread, and put the Mallowes and all into a quart of milke, and seethe it till it be thicke, stirring it well, then lay it to the gricse as warme as can be suffered.

A Medicine for the cough.

Ake Mustard-seed and put it in to Figges; see the it in Ale and drinke it.

A Medicine for the Mother.

Ake Rosin and beat it very fine; putit into white Wine and Sallet-oyle,

### and Gentlewomen.

let-oyle, and drinke ir, and it will doe you good.

A Medicine for the bloudie Flix.

Ake the pils of Pomgranates; beat them, and drinke them with red wine, morning and evening, bloud warme: then heat a brickered hor, and lay it under a close stoole, and cast Rosemary and Malmesse on it, and let the Patient sit over it.

A very good Medicine for the Piles.

Ake the hard roe of a red Herring, and roaft it hard: then take the feeds of nettles, and beat them together small: then beat them with barrowes grease, and boyle them together, and anoint the Piles therewith; then take a chasing dish of coles, and set it under a close stoole, and cast a little Frankincense thereon, and let the Patient sit over it when they be anointed

# AX loca for Ladica

### A Closet for Ladics

anointed with the aforesaid ointment.

A Medicine for a burne.

Ake oyle of Roles, and womans milke, put it into the open place, and it will heale it.

Another for the fame.

Ake a linnen cloth cleane watht, and burne it, and make a powder thereof, and take the oyle of egges, and anoint the fore: then frew the powder thereon.

A Medicine for the Dropfie.

Ake Annifeeds, Coriander-feeds, Spikenard of Spaine; use this in your meatand drinke eight dayes together, and it will doe you good.

A Medicine to drie a fore.

Takea por of Smiths water, a quarterne of Roch-allome, halfea pinc



### and Gentlewomen.

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of Oyle of Olives, and put thereto an handfull of Sage, and boyle them together till they bee halfe confumed: then use it to the fore, and it will drie it.

A Medicine for an sebe that comes against raine. &

Take the hornes of a Stagge: cur them in small peeces; and boyle them in water, till it be consumed from a gallon to a quart: then power the water from the bones, and it will gelly when it is cold, and therewith anoint the grieved place against the fire evening and morning.

A Medicine for a burne or scald.

Take Mallows and Smallage: feethe them in water; when they be tender take themforth, and wring out the water cleane: chop them small, and fet them on a chafing dish of coales, and put

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# A Closet for Ladies

afalve, and lay it to the fore place thick, and lay a cloth uponir, and tie it on.

A Salve for an old fore.

That is not very old; and burne it to a coale: then quench it, and make thereof a powder, and temper it with the yolke of an Egge, and make thereof a falve.

To make a drinke for a burning Ague.

Ake a quart of running water, halfe a pint of Vinegar, halfe a quarter of a pint of Rose-water, a quarter of a pound of Sugar, and one sticke of Cinamon: boyle them all together, let it coole, and give it the sicke to drinke.

50×50:10×60



A Medicine for the heat of the Liver.

Take wort of the first tap: drinke it every morning next your heart for a moneth together, and it will helpe you.

A Medicine to make a young childe goe to the stoole.

Ake May-butter, and chafe the navill therewith against the fire; then take some black wooll that growes betweene a blacke sheepes tegges; dip it in May-butter, and drie it, then lay it to the navill. It is good for an old man also that can take no inward medicing.

An approved Medicine for the Navill, when it comes out with crying.

Ake wax which is used no other way, but to take the Hony from it, and when you have an occasion, melt

## A Gloset for Ladies

melt some of the wax in a Sawcer, and dip blacke wooll in it: lay it to the navill, and it will helpe it.

A Medicine for the freeling of a childes cods.

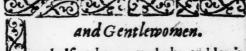
Take Red-rose-leaves: bray them, and boyle them in red Wine an houre; then wet a cloth init, and lay it to the childes navillas hot as you can suffer it.

A medicine to ftanch the Flix.

Take a fawcerful of the juyce of Milfoile as much of the juyce of Plantane, and Wheat flower temper it with the juyce of the herbs, and so make a cake of it, and bake it, and eat it hot.

For to stanch bloud at the nose, or at a veine that is cut; proved.

Ake Feathers burned to powder, and lay it upon the veine that is cut,



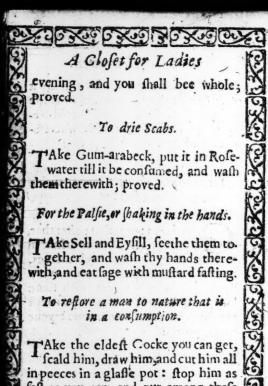
and also take a wet cloth, and lay it round about the members, and wet the cloth three times, and lay it to cold every time, and it shall stanch wheresoever it be; proved.

For to helpe a drunken manor mem man for ever.

Ive him a purgation; after that, give him a Swallow to drinke in powder for the space of twelve dayes, and for a months space give him every day foure Almonds to eat, with foure leaves of Woodbine beaten: you must eat them in the morning next your heart; proved.

#### For Scabs.

Take Snailes, and pricke them, and take the water that comes out of them, and anoint the fcabs therewith: take vine-leaves, and binde them to the fcabs, and doe it every morning and evening,



Take the eldest Cocke you can get, feald him, draw him, and cut him all in peeces in a glasse pot: stop him as fast as you can, and put among these peeces Cloves, Mace, small Raisins, and salt: then put this glasse into a great pot, and let all these see the together till they be a gelly: then frain it into a cleane

### and Gentlewomen.

cleane vessell, and give it to the sicke, first and last bloud-warme.

To reflore the braine.

Take powder of Bittany, and use it in your pottage: it will restore the braine, and destroy the stone.

For a perillous Cough.

Ake Sage, Rue, and Commine: ftamp them with Pepper, seethe them together with Hony, and thereof make an electuary, and use thereof a spoonfull evening and morning: and by the helpe of God it shall doe you good.

For them that cannot see, and bave red-eyes.

Take white vinegar, and rub upon a whet-stone in a faire bason: take as much falt as powder, and grinde them well together in a bason, and temper

### A Closes for Ladies

temper them with Wine: and let it stand a day and a night, and put it in a viall of glasse; you must take the thinness that standeth above in the bason, and put in your glasse; and when the Patient goeth to bed, take a feather, and wet therein, and anoint your eyes.

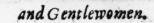
To anoint the face, and to make it white.

Ake fresh Bacon grease, and the whites of egges; stampe them together, and a little powder of Bayes, and anoint your face therewith, and it will make it white.

For a faire face; proved another may.

Take Plantane and white Vinegar; flill them together, and wash your face therewith atteene dayes, morning and evening: after this, drink a draught of Vinegar in the morning once in three dayes.

To



To make the face white and faire.

Take Rosemary, and boyle it in white Wine, and wash thy face therewith, and thou shalt be faire: then take Erigan, and stampe it; and rake the juyce thereof, and put it all together, and wash thy face therewith; proved.

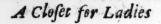
To belpe the face with red pimples.

Take Bay-berries, and plucke off the huskes, and make fine powder thereof, and temper it with Honey: anoint yout face therewith fix times, and it will helpe you.

To draw broken bones out of the bead.

Ake Betony, Vervine, and Rue; frampe them all together very finall, and put thereto Rie-meale or wheat, and the white of an egge, and make a plaister, and lay it to the head.

To



To quench ones thirft.

TAke the roots of Lovage: wash it cleane: stampe it, and temper it with water: drinke a good draught of it five nights together, and drinke not in two hours after it.

For one that speakes in his sleepe.

Ake Southernwood, and temper it with Wine, and let the difeafed drinke thereof in the morning, and when he goes to bed.

For a woman that hath too much of the Flowers.

Take the foot of an Hare: burne it to powder, and drinke thereof with red Wine and Cinamon first and last nine dayes, and it will helpe her.

FINIS.

